

SCHOLASTIC COACH



MERRY
CHRISTMAS

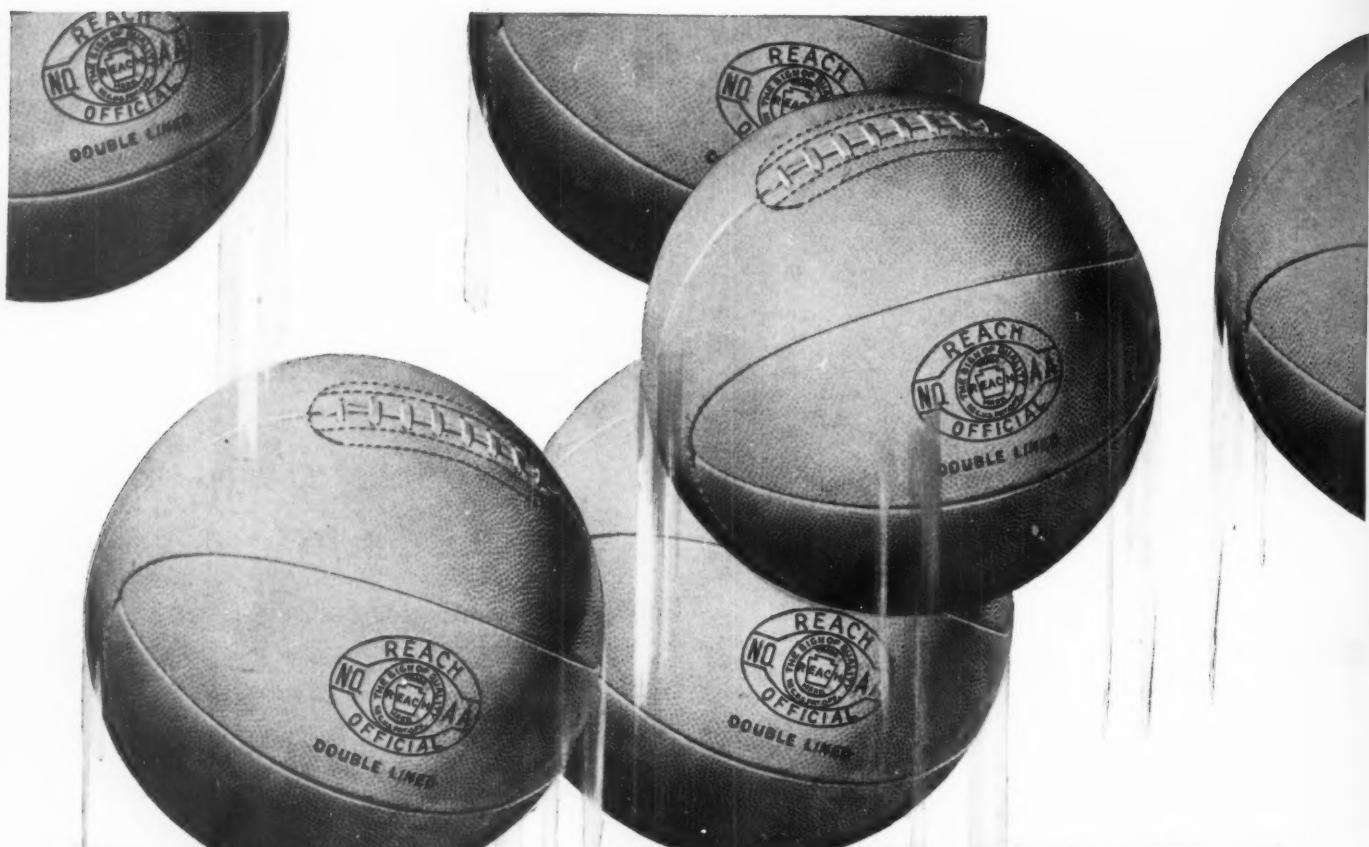
MORT LEARY

LITERARY
DEC 5 - 1932
YOUTH COLLEGE

DECEMBER

1932

25c



THEIR DRIBBLES

DESERVE THIS BREAK!

MANY coaches know to their sorrow that often an ordinary basketball will go wrong soon after its first appearance on the courts.

Its shape may change a trifle. A slight bulge may distort its cover. Or it may develop an elusive "dead spot".

Any of these common faults can make passing, dribbling and shooting inaccurate and undependable. They give a team a mighty tough handicap to fight. And you certainly don't want *your* players so handicapped!

The AA—the Reach Official Basketball—is one ball that *can't* go wrong. It gives your players every

chance to show the best that's in them. For the Reach Double Lining holds the AA Ball in correct shape as long as it's played. No bulges—no "dead spots"!

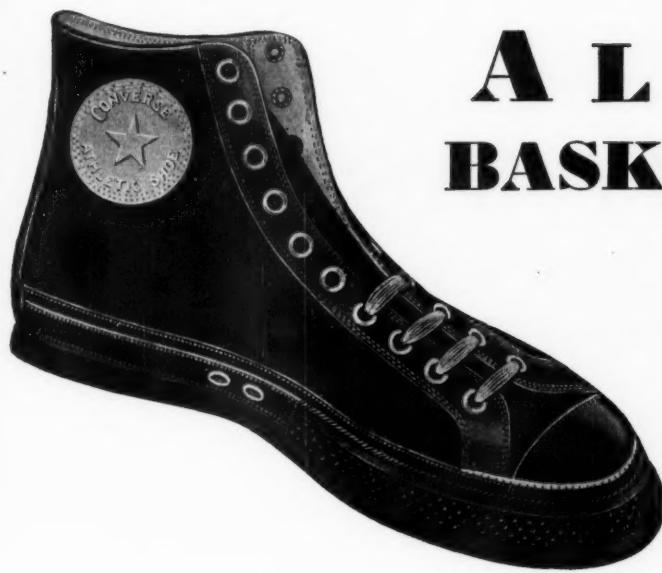
Your players deserve this break—that you give them the ball that can't go wrong. Give your players the AA Reach Official Double-Lined Basketball! Get it at your nearest Reach dealer's.

Your Reach dealer can also show you other splendid Reach Basketballs—all within your budget. And Reach equipment for every other sport, too. Remember—an athlete can have no finer equipment than that marked "Reach"!

©1932, A. J. R. W. & D.

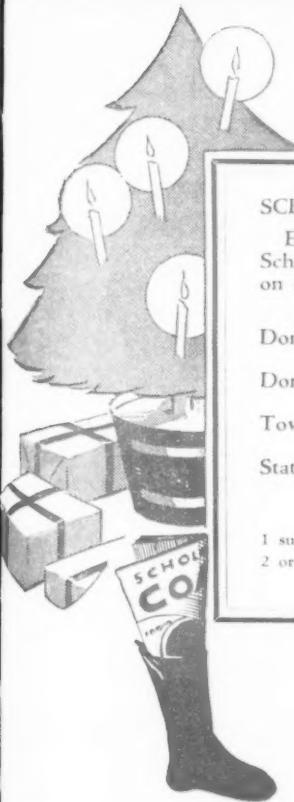
★ REACH BASKETBALLS ★

DECEMBER, 1932



ALL STAR BASKETBALL SHOES

5 POINTS
of
SUPERIORITY



Christmas Gift Order Blank

SCHOLASTIC COACH, Wabash Building, Pittsburgh, Pa.

Enclosed is \$ Please enter one year (9 issues) Scholastic Coach gift subscriptions to names and addresses listed on reverse side and send them gift cards in the name of:

Donor's Name
.....

Donor's Address
.....

Town
.....

State
.....

GIFT SUBSCRIPTION RATES

| | |
|----------------------------------|-------------|
| 1 subscription—1 year (9 issues) | \$1.00 each |
| 2 or more —1 year (9 issues) | \$.75 each |

Foreign Rates on Application

LIST NAMES AND ADDRESSES OF RECIPIENTS
OF GIFT SUBSCRIPTIONS ON REVERSE SIDE

ars have many refinements that
instance, there is the important
es additional wear at a vital point.
ility, All Stars are exceptionally

is popular basketball shoe pro-
tection, speeds footwork through
fers unusual durability without
ht. This year's All Star is even

• The new All Star fits in with
rd more attractive outfits. It's
1 lines, and adds to the appear-
ed team.

FREE YEAR BOOK

for reference a new copy of
all Year Book which includes
the greatest collection ever of
ampionship teams. There are in-
y leading basketball authorities.
off the press. Use the coupon
y.

CONVERSE RUBBER COMPANY

Malden, Massachusetts

New York, 101 Duane St. Chicago, 305 West Monroe St.
St. Paul, 242 East 5th St., Park Square

CONVERSE RUBBER CO.

Dept. S1232 Malden, Mass.

Please send me a copy of the brand new Converse Basketball
Year Book.

I am basketball coach at.....

Name.....

Street.....

City..... State.....

A SHORT HISTORY OF THE IVORY SYSTEM CLEANERS AND REBUILDERS OF ATHLETIC EQUIPMENT

More than ten years ago The Ivory System of Salem, Massachusetts, was established with the idea in mind that a business devoted exclusively to the cleaning and repairing of Athletic Equipment for Schools and Colleges would serve a long felt need.

Our object was to create an entirely new type of business, one which would concentrate its energies and efforts on that one purpose—the working out of ways and means to recondition Athletic Equipment in a better manner than it had ever been done before.

• • • • •
Many of the Coaches and Athletic Directors who read this page, know something of the history of the Ivory System and how successfully we carried out our plan.

There are hundreds of men connected with School Athletic Activities today who know that up to the time The Ivory System was established it was almost impossible for them to find a concern who could or would clean and recondition Athletic Uniforms.

Most schools adopted the practice of sending only their white goods to the Commercial Laundry, and storing their other equipment away just as the players turned it in.

• • • • •
The better laundries and dry cleaning plants were either afraid to tackle such work, or were reluctant to bring a lot of soiled Athletic Equipment into workshops where expensive Civilian Clothing was being serviced.

Almost without exception, Commercial Cleaning Plants had neither the equipment, the knowledge, nor the inclination to do such work.

The Manufacturers of Athletic Uniforms were also reluctant to handle Used Equipment in the same factories in which they were making new Athletic Togs.

• • • • •
The Ivory System did, therefore, supply a real need. Of course, the business did not grow over night. At first work was solicited within a radius of fifty miles of Boston, and then as Athletic Officials in Schools began to realize the value and dependability of such a service—the business grew in size and expanded rapidly.

Today, The Ivory System Salesmen call at almost every High School, Prep School and College in all States east of the Mississippi River.

Summing up the facts, our original idea, plus honesty of purpose and fair dealing with Everybody—laid the foundation of a successful business.

Competition eventually arose in our business and others followed in our footsteps. Various concerns sprang up in widely scattered areas, and The Ivory System was no longer the only business of its kind in the country.

Many of them made the mistake that the old and wiser Laundries refused to make: they tried to combine an Athletic Cleaning function with Commercial and Civilian work.

The visitor to The Ivory System factory sees no silk dresses—fur coats—or men's suits. Civilian work is not done in The Ivory System Shops.

• • • • •
Many competitions have come and gone in the past ten years—some of them good and some of them bad. Men with the same honesty of purpose as we have had, have worked out our idea in a successful manner, and are rendering a service to Schools and Colleges.

As in all business, we too have encountered the charlatans and parasites—those who attempted to cash in on our odd name, and good name—those who through misrepresentation and deceit have taken Athletic Equipment from Schools never to be returned, or sent back in such condition as to mean a severe financial loss to the School.

Time takes care of such competitors.

• • • • •
There are a number of factors which influence the success or failure of any business. One of the chief causes contributing to the remarkable success of The Ivory System is that we have never had labor trouble of any kind.

We are fortunate in having a faithful, loyal and experienced group of workers—the few who were with the business when it started are still here. As the business grew others were employed and trained. Over a period of years, except in a very few instances, we have never lost an employee except through death.

Despite the fact that we recondition Equipment today at lower prices than ever before in the history of our Company—we have not reduced the wages of our employees and sincerely hope that such a step will never be necessary.

• • • • •
Doing the finest job that could possibly be done, and doing it at a reasonable cost to a School, has been another vital factor.

We have asked Coaches and Athletic Directors to criticize our work and have urged them to complain about even the least thing wrong about the work done for their School.

No one has ever knowingly been allowed to lose even a single dollar, as a result of having intrusted their Athletic Equipment to our care.

Many more years we hope to render our service to Schools and Colleges, and it is our desire and intention to live up to those high standards of service and quality which have made The Ivory System "NATIONALLY AND FAVORABLY KNOWN."

THE IVORY SYSTEM

"In a Class by Itself"

SALEM and PEABODY, MASSACHUSETTS

JOHNSTON'S

For 40 Years the World's Finest Tubular Skates

SINCE 1892, genuine Nestor Johnsons have been the standard of comparison, because they were the original tubular skate with shoe attached, and have always led the field in every improvement.

Today, JOHNSTON'S give expert and beginner alike the finest values ever offered. Diamond Tested Vanadium tool steel runners that stay sharp longer. Perfect balance, because shoe and skate are made for each other. Seamless cups of one piece cold drawn steel. And, the lowest prices in years.

JOHNSTON'S are the All-American skate for All America. You can specify JOHNSTON'S for the hockey and racing teams, and recommend them to your students, knowing you have chosen the world's finest.

NESTOR JOHNSON MFG. CO.
1916 N. Springfield Ave. Chicago

The Choice of Champions!

(Illustrated) Nestor Johnson
North Star Collegiate

Aluminum Finish
\$9.00 per pair

Chromium
Finish
\$11.00
per
pair



NEW LOW PRICES

NESTOR JOHNSON NORTH STAR. Favorite of thousands. Complete with shoe. Aluminum finish, \$9.00 per pair. Chromium finish, \$11.00 per pair.

NESTOR JOHNSON FLYERS. At a price all can pay. Complete with famous Starite Shoe. Aluminum finish, \$6.00 per pair. Chromium finish, \$7.00 per pair.

Hi-SPEED TUBULAR SKATES. Sponsored and made by Nestor Johnson. Complete with shoe. Aluminum finish, \$4.45 per pair.

THERE IS ONLY ONE GENUINE JOHNSON SKATE
NESTOR JOHNSON

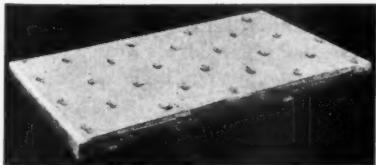
Look for the full name on the skate you buy

Pep Meeting Plays

A collection of 10 plays built around the idea of loyalty to the team. Contents include: Here Comes The Bride (mock wedding in which the home team weds Miss Victory); Monsieur Athleticus Sportsman's Wax Works (each member of the team woodenly goes through his specialty of forward pass, tackling, etc.); A Modern Operation (Dr. Kutem removes the opponent's chicken heart). Seven other numbers, equally amusing and original, complete the book. They are adaptable to all school sport activities: basketball, football, track, etc. Price, 40 cents. (These and other plays fully described in our free catalog.)

THE DRAMATIC PUBLISHING CO.
Dept. R, 542 S. Dearborn St.
Chicago, Illinois

MATS . . . for WRESTLING • BOXING • TUMBLING



Manufacturers of fine mats since 1911
Send for booklet, Dept. "C"

PETERSEN & COMPANY
4225 North 16th St., Philadelphia, Pa.

• • • IN THIS ISSUE

EDITOR'S RUMINATIONS

Sam Lifschultz 7

THE BLUFF CROSS-OVER

Nat Holman 8

"FIRE ENGINE" BASKETBALL

Everett N. Case 9

THE SOCCER SEASON CONTINUES

Gilbert F. Loeks 10

DERMATOPHYTOSIS

W. R. Redden, M.D. 14

CARE OF THE HAIR: USE OF WATER ON IT

Alfred Potter, M.D. 15

SPEEDBALL FOR GIRLS

Alice W. Frymir 16

BOOKSHOP

18

METRIC SYSTEM FOR A.A.U.

20

JACK LIPPERT, Editor

SCHOLASTIC COACH

A publication devoted to the development of athletics-recreation-physical education in secondary schools.

Copyrighted 1932 by Scholastic Corporation.

Issued monthly nine times during the academic year (September through May) by Scholastic Corporation, M. R. Robinson, president. Publishers of *Scholastic*, national high school classroom magazine.

Address all editorial and advertising communications to Scholastic Coach, 155 East 44th Street, New York, N. Y.

G. Herbert McCracken, publisher and advertising director. Western advertising representatives: Ewing Hutchison, 35 East Wacker Drive, Chicago, Ill.

Correspondence concerning circulation and subscriptions should be sent to Circulation Department, Scholastic Coach, Wabash Building, Pittsburgh, Pa.

SPORTSMANSHIP BROTHERHOOD ANNOUNCEMENT

Plans for the annual luncheon of the Sportsman's Brotherhood are now complete. The luncheon will be held Tuesday, Dec. 27, at 12:30 o'clock, at the Town Hall in New York, and Coach Amos Alonzo Stagg will be the guest of honor.

Besides Mr. Stagg, the speakers will be Coach Fritz Crisler of Princeton, Professor Philip O. Badger of New York University, Chancellor Charles W. Flint of Syracuse University, and Mr. Gustavus T. Kirby. The general topic under discussion is to be "Sportsmanship in Athletic Reorganization."

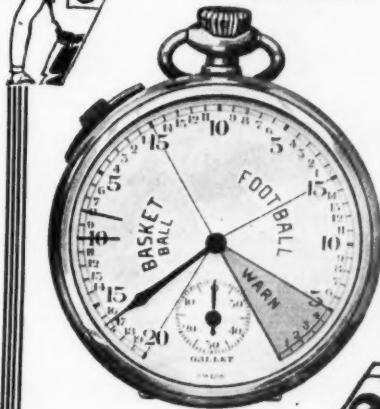
The luncheon is in charge of the following committee: John T. McGovern, Lee F. Hanmer, Dr. Howard J. Savage, Devereux Milburn and James G. Blaine.

DANIEL CHASE,
Executive Secretary.

The Last Word in Sports Timers!

The Gallet MULTIPLEX

For Football
For Basketball



Foolproof! Accurate!
Easily Read!

Endorsed by Officials

Write for Catalog S. C.

Jules Racine & Co.
20 West 47th Street
New York, N. Y.



Coaches ★ ★

HOOD Athletic Shoes are VARSITY MATERIAL Put Them on THE SQUAD

This fall you will be faced with the job of outfitting your basketball squad. They will need shoes—canvas, athletic shoes that will last a full season of hard, fast service.

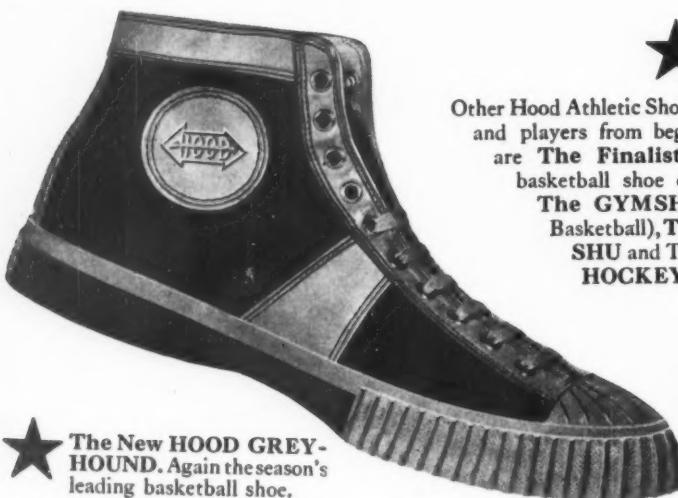
For basketball we recommend the Hood Greyhound. Its sturdy resistance to wear, comfort, protective features and good looks have made it a favorite with high school and college teams. This year the Greyhound has been further improved to meet the modern demand for lighter and tougher shoes.

Glance at some of the new features! A new upper of two-ply canvas. Same strength as

before only lighter. A full length cushion insole. Softens shocks and jars; saves energy. Wide, padded tongue; tight laces will never chafe through this. A new last; greater comfort, no cramped toes. New narrow shank construction; firm support for arch and ankle.

And remember, each feature was adopted for only one reason; *it helps your players' game*. Get your sporting goods dealer to show you a pair of Greyhounds. You'll find them all that we claim, and more.

HOOD RUBBER COMPANY, Inc.
Watertown, Massachusetts



The New HOOD GREY-HOUND. Again the season's leading basketball shoe.



NEW MOLDED SOLE of the Hood Conference, another lighter weight basketball shoe by Hood.



HOOD RUBBER CO., Inc., Watertown, Mass.

SC-12

Gentlemen: Please send me copies of your new booklet, "How to Play Basketball," for members of our basketball squad. (State how many)

NAME

POSITION SCHOOL OR CLUB

ADDRESS

Check here if your local dealer does not carry Hood Athletic Shoes and we will send you the name of the nearest place where they may be obtained.

COACHES AND PHYSICAL DIRECTORS: Mail this coupon for copies of our new edition of the Hood booklet, "How to Play Basketball," for your basketball players—written by famous coaches.

VOLUME 2
NUMBER 4SCHOLASTIC
COACHDECEMBER
1932

FOR THE COACHING AND PHYSICAL EDUCATION DEPARTMENTS

PARDON us for referring to the political game, but we have a few late election results you may not have heard: T. A. D. Jones, Republican, was defeated by Francis T. Maloney, Democrat, for Congress from Connecticut; John Law, Democrat, was defeated by William F. Condon, Republican, for the New York State Assembly; Franklin Delano Roosevelt, Jr., Democrat, made the first tackle of the Groton-St. Mark's schoolboy game played on election day; his team, Groton* (Republican), lost; his brother, John (Democrat), was water boy.

You probably remember Tad Jones, and you are well acquainted with his brother, Howard.

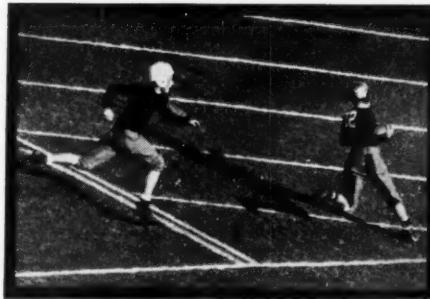
John Law, counsellor-at-law in Westchester County, New York, captained Notre Dame not long ago. We like to mention his name because of the fine contribution he is making in the field of penology and social service as coach of the "varsity" football team at Sing Sing Prison. Coach and Counsellor Law has the lawbreakers (that is, those who got caught) playing a fine game. They beat their most bitter rivals, the Port Jervis police team, getting even for the defeat the policemen handed the prisoners in 1931 when Red Cagle (remember him?) was Sing Sing's coach.

TREND IN FOOTBALL

BEFORE taking up the trend in basketball (which is more of a traffic jam than a trend) we want to make a few more post-season remarks about football. The new rules that were designed to safeguard the well-being of the player have worked out quite well. The most debatable of the new rules—the one declaring the ball dead as soon as the ball-carrier strikes the ground on his knee, etc.—has, in our opinion, worked out to advantage. It has been a pleasure to see onrushing defensive players make honest efforts to avoid the crash when the ball-carrier had been knocked off his feet. You may have seen many instances of a contrary nature, when the onrushing defensive players piled pell-mell into the fallen ball-carrier with the gusto of yesteryear. All we hope is that the officials had the competence to lay on the penalty, quick and thick.

*In a straw vote among Groton students President Hoover led Governor Roosevelt by a large majority when Headmaster Peabody put a stop to the balloting.

At this point it is in order to pay respect to the man, who more than any other besides Walter Camp, sponsored the legislation which opened up football from the mass and wedge that is prior to 1907, to what it is today. E. K. Hall, chairman of the Intercollegiate Football Rules Committee, died last month at his home in Hanover, N. H., at the age of sixty-two.



After his retirement from business in 1919 (vice-president of the American Telephone & Telegraph Co.), Mr. Hall went to Dartmouth, his alma mater, as special lecturer in the School of Business Administration. There in the White Mountains the other members of the Intercollegiate Rules Committee came to him each spring to administer to the needs of football. Their powers were severely taxed last spring when they met to prescribe a remedy for the new plight into which the game had fallen. It was not a new experience to Mr. Hall. He and the late Walter Camp had to do even a greater work of reconstruction in 1905 and '06 when the feeling against football was so strong that President Roosevelt threw his weight into the controversy, on the side of football.

Mr. Hall's long stand in defense of the game was actuated by his belief in the game itself. Those forces which were, and still are, gnawing at football as a game he stood against, and just recently he listed the abuses which had to be overcome if football is to survive as part of the educational program. He listed them as follows:

(1) Overemphasis of the individual player, as seen in pre-season press notices, glorification and banquets and the like; (2) the danger of not keeping professional football and college football distinctly and definitely separated; (3) overemphasis of the necessity of having a winning season; (4) the tendency to treat the winning of

games as a business rather than a sport.

LIBERAL OR CONSERVATIVE

THE world is a revolving stage with an ever-changing scene. What was adequate for 1906 does not always take care of a 1932 situation. The new is often branded as "revolutionary" and "destructive forces." Usually we wait until the disaster is before the whites of our eyes before we act to change. Sometimes the change comes tardily, only after a new generation has assumed command, and considerable damage has been done.

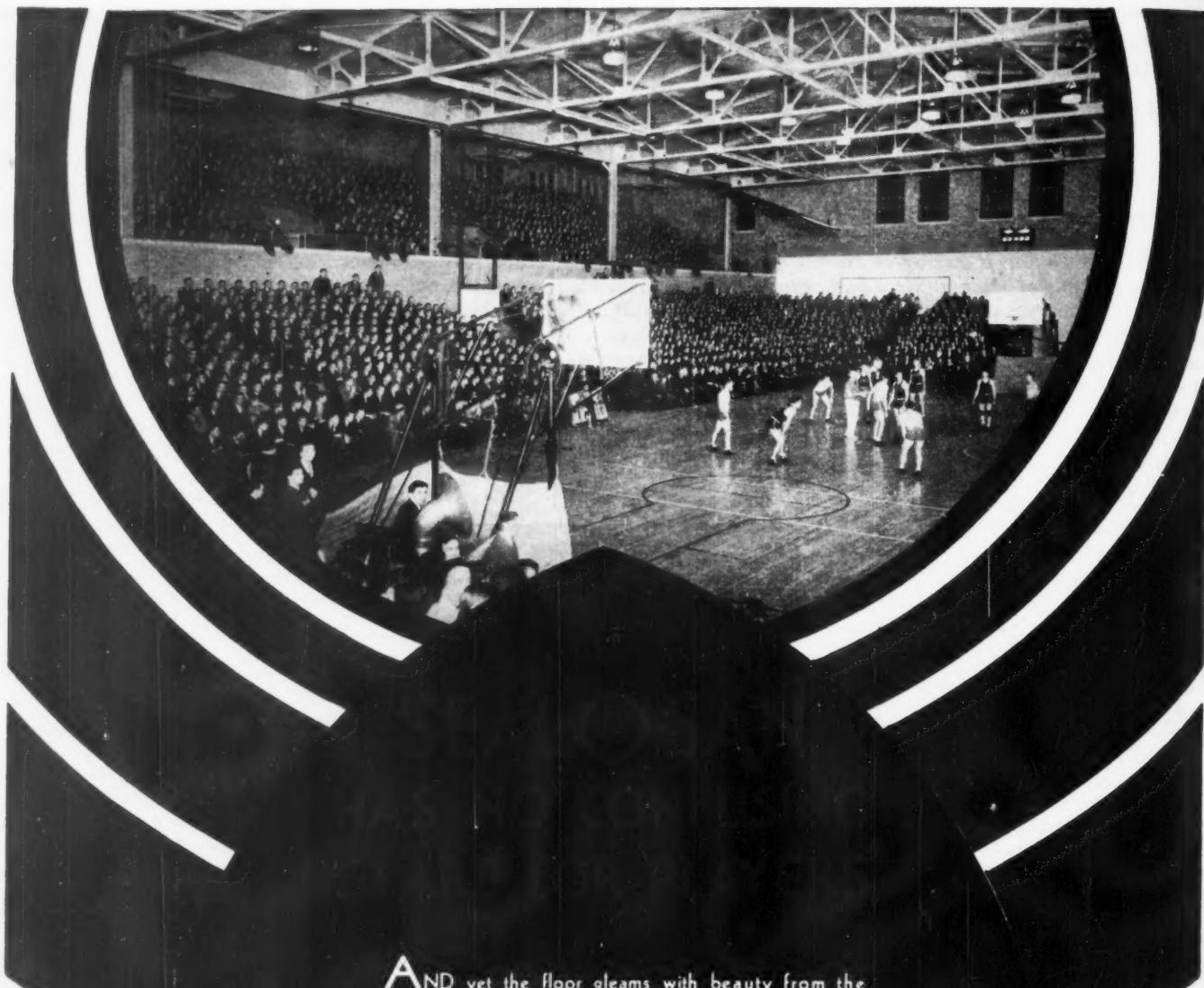
What causes change to come slowly is the fear that the new will be still worse than the unsatisfactory old. And sometimes it is, but even at that it is good to experience the new, and if it proves bad, there are the bridges of the old which ought not to have been burned down. The Eighteenth Amendment is a case in point. The new basketball rules may prove to be another.

REVOLT

ALL is not quiet on the basketball front. The new rules have speeded up the game, have sent the "stall" and the "freeze" to the penalty box, and have given the spectators what they want. But they have not given the health and heart authorities all they want; nor are the schools with small floors pleased with a law which asks them to play 1931-32 rules on their small floors (less than 60 feet long) and 1932-33 rules when they visit a neighboring school where the floor is more than 60 feet long.

The health and heart authorities of New York City will not allow the junior high school and elementary school teams to play the new rules. Chicago junior high schools, we understand, are also playing the old game; and all high schools in Wisconsin that are members of the State Association have given the ten-second and three-second rules the cold shoulder.

All rules committees wanting to reduce the chances of making mistakes in the future should follow the advice we gave, free of charge, last year, viz., to make ample room on the committees for high school representation. We now repeat this advice, unsolicited, but still free. If we have to issue it again, however, there will be a slight charge to cover cost of mailing.



100% NON-SLIPPERY

SEAL-O-SAN is positively non-slippery. It permits a player to race toward his basket, receive a pass, stop dead and shoot, without danger of slipping, skidding or falling. It makes possible the perfect execution of run-in and pivot plays. 100% sure footing allows a fast running man to stop instantly. It prevents him from charging into an opponent and committing a foul, which may often decide the outcome of a game. Seal-O-San is the coach's greatest ally. Any good team can turn out a better brand of basketball on a Seal-O-San'd floor.

AND yet the floor gleams with beauty from the bleachers! This feature of SEAL-O-SAN treated floors is a big help to the players, as they see only one ball when dribbling or passing...no reflections to confuse them.

To the spectators the floor is beautiful...a perfect setting for the game. Your gate receipts are increased because an attractive floor adds to the crowds' enjoyment and with your boys playing better games on a non-skid surface, your income is actually enhanced.

FROM THE BLEACHERS ● IT GLEAMS WITH BEAUTY

SEAL-O-SAN seals, preserves and beautifies the floor. It is very easy to apply and your own men can do the work—hence it is far more economical than any other floor treatment. Best of all, it reduces maintenance cost by half. The pores of the wood are sealed, making the surface soil-proof. It does not show rubber burns. The floor can be maintained in fullest perfection by merely mopping with a dustless mop.

The HUNTINGTON LABORATORIES, Inc.

Canadian Plant
72 to 76 Dufferin St.
Toronto, Ont.

● Huntington, Ind. ●

Rocky Mt. Plant
1429 W. 18th St.
Denver, Colo.



SEND FOR THIS BOOK

Get your copy of the Seal-O-San Shot Chart and Scouting Diagram Book. It is free. You will find it very helpful in your work. Use the coupon below.

● MAIL THE COUPON NOW!

Huntington Laboratories, Inc.
Huntington, Indiana, Dept. 1

Send me a Scouting Manual and complete information about Seal-O-San.

Coach _____

School _____

Address _____

SE

AN

MAKE THE BEST OF THE NEW RULES

By SAM LIFSCHELTZ

Mr. Lifschultz is coach of basketball at Crane Technical High School, Chicago, where his teams have won four city championships in the five years he has been there. Mr. Lifschultz is also one of the first ranking referees of Chicago.

THEY say it is an ill wind which blows no good, but I doubt whether the blast which the rules committee handed the basketball coaches will give them anything but headaches. Unfortunately, we have not had time as yet to put these rule changes to a severe test and we should reserve judgment until the changes have undergone a thorough trial.

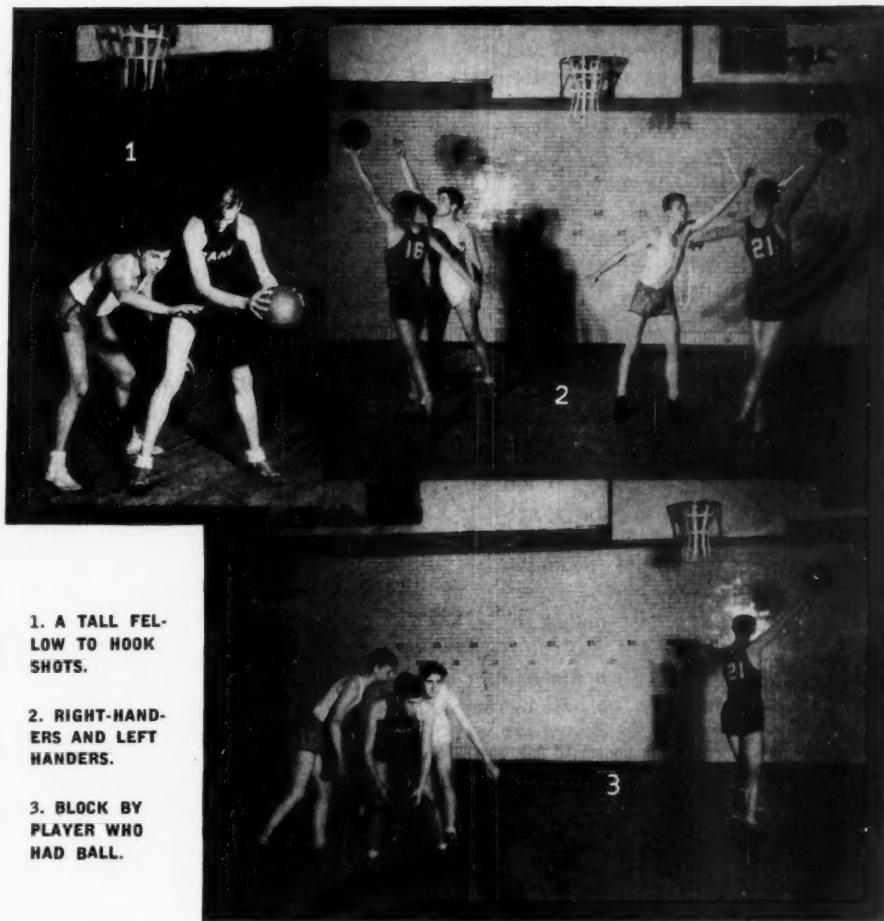
Until the present year, basketball was rapidly approaching a skillful, systematic style of play, replacing the old helter-skelter, hit and miss methods. In few instances, inferior teams went on the floor with the express purpose of keeping the score low. It was their practice of stalling which brought forth the radical change in the rules.

The two new rules which will be responsible for a different style of team play are the ten-second regulation which makes it compulsory for the offensive team to cross the center of the floor with the ball before the expiration of ten seconds; and the three second rule which limits a player having possession of the ball in the free-throw lane with his back to the basket, to three seconds.

Last season my team used a shifting zone and man-to-man defense. This year, if I continue to use the zone defense, it will not be necessary to teach a man-to-man type. As coaches know, if a zone was used last season, there was always the possibility of the team leading in points to draw back into a stall or use a delayed offense. The only method to cope with and break up this stall was to employ a man-to-man defense all over the floor. With the new rule, stalling or delayed offenses are eliminated. Thus a coach employing the zone will need to teach only one defense.

Although I probably will use a man-to-man defense this season, the new rule will ease the coaching duties. It will not be necessary to teach the boys to break up a stall or delayed offense. Which is certainly a relief to any coach for this is one of the most difficult tasks in basketball.

This seems to be the only difference that the ten-second rule will make, for once the offensive team brings the ball past the center of the floor, the same conditions as last year will ap-



1. A TALL FELLOW TO HOOK SHOTS.

2. RIGHT-HANDERS AND LEFT HANDERS.

3. BLOCK BY PLAYER WHO HAD BALL.

ply. A team may therefore use its regular offense in the forward half of the floor. In fact, during the past few years, teams dropped their defenses back in front of their basket and the play took part on one half of the floor.

I have had the most success with—in fact, my team style has been built around—one tall, capable man who operates about halfway between the basket and the free-throw line. From this position, this pivot man could with one step get close to the basket or he could come forward and act as a feeder.

Unless an unexpected change in the interpretation of the new rules takes place, it will be easy for the coach to continue along the same lines as last season. Here are some of the possibilities I have worked out during the practice sessions to date:

FIG. 1.—It has been customary to use a player directly under the basket, usually some big fellow who could hook his shots into the basket without serious opposition. Joe Reiff, all-American at Northwestern University, was the first to perfect such a style at Crane, and was practically unstop-

pable by one opponent under the basket. In this illustration, a player may be used just outside the line to hook overhand tosses into the basket in the same manner. He may be used effectively on either side of the basket.

FIG. 2.—With two players who are adept at using the overhand hook shot, it will be possible to place a right hander on one side and a left hander on the other. These same players may be used to cut across, receive the pass and then hook their shots, operating from either side.

FIG. 3.—Using two players in the same position, one may block for the other by having them cross.

Speaking of something revolutionary in defensive tactics, utilizing the new ten-second rule—I have been experimenting in practice with a possible check on the offensive team, which I take the liberty of calling, "charging defense."

We all know that a good offense is the best defense. Accordingly, under the ten-second regulation, if the ball is not advanced over the center line within that time, the ball goes to the opponents out of bounds at the nearer

side line. If a defensive team can bottle up the offensive team by playing on their half of the floor and guarding the players so that they cannot pass the ball over the center line—in ten seconds the ball automatically reverts to them.

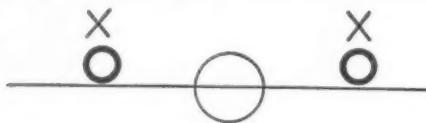
This is a bold step forward and one which I offer only as a suggestion. It might be worth experimentation.

Coaches who have used a pivot-line player must re-evaluate the worth of this man under the new rules. Of course his value will depend to a great degree on the manner in which the rules will be interpreted. During our practices to date, I have devised several ways to use the player in the free-throw circle without losing any effectiveness.

The rules permit the player on the free-throw line to hold the ball for three seconds. Practice tests show that this allows plenty of time for a team to work a block play and gives the pivot man sufficient time to pass to any of his teammates if no undue delay takes place.

Since the rule limit makes it imperative that a player in the free-throw lane or circle with his back to the basket must place the ball in play within three seconds, here are several ways to overcome the problem. The player may drop or dribble the ball once; he may pivot; he may stand sidewise, or he may come out in front of the circle, or go to either side of it.

SHOULD like to present a suggestion for improving defensive out-of-bounds the efficiency of the defense when the offensive has the ball out of bounds in its own half of the floor. When a team takes the ball out of bounds in its own half of the floor, two of the offensive men usually run

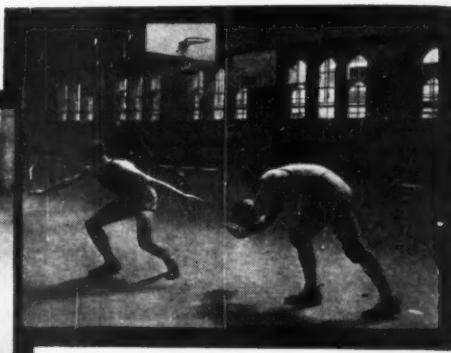
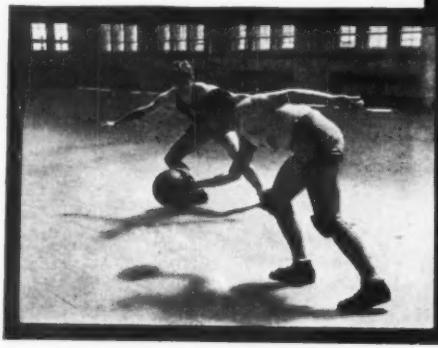


THE BLUFF CROSS-OVER

By NAT HOLMAN

MANY players possess deception in running, passing and shooting but lack it in dribbling. Our offense at City College is based on short passing and natural play but frequently the player is called upon to dribble and it is then that his previous training in that department of the game comes in very handy. I will not spend time in discussing the general mechanics of the dribble but will dwell entirely on the value of the bluff cross-over illustrated in the accompanying cut.

You will notice that the dribbler has advanced to the side with the defen-



—Photographs from Mr. Holman's new book *Winning Basketball* (Scribner)

sive man sticking pretty close to him. The dribbler must calculate the distance between him and the defensive man while he is travelling to the side as that is the best spot on the floor to change his direction suddenly, and break for the basket. If the defensive man is slightly ahead of the dribbler (and that can be brought on very easily if the dribbler will speed up while going to the side) the dribbler can then, through realistic acting, bluff a stab at the ball with his right hand and come across with his left, direct the ball towards the center of the court and continue on in for a shot. *The dribbler must not come to a com-*

court, bearing in mind, however, that at no time is he to try this play at the expense of team play. If a teammate is out in the clear and cutting in for the basket the dribbler should lose little time in feeding the runner. In conclusion, let me say that the important feature in mastering this phase of the dribble is *the ability of the dribbler to counter-feint* once he gets to the side of the court. The whole movement is from the hips up—pretending to go one way and then crossing over in the opposite. Practice only under playing conditions will enable the player to master this phase in the art of dribbling.

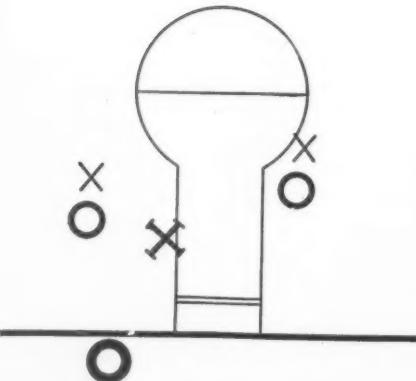
down past the center of the floor to be ready for a relayed pass; two offensive men hang close to the back court to receive a pass from the offside man so that the ball can be put into play.

The usual method of combating this offense is to set two men on the forwards who have gone down the floor, two men on the guards and one man in front of the offensive player who is going to pass the ball into play. The defensive player guarding this man, waves his arms, gesticulates wildly, but usually accomplishes nothing.

My theory is to drop this defensive man back to a point in between the two offensive guards who are on their own half of the floor. Then if a pass is made, and the ball has to be put in play by a pass, this man has a chance of dashing either way and intercepting it. (See cut on left.)

Inasmuch as this is really putting three men on two, it means you have a much better chance of taking the ball away from the offensive team and putting yourself in a scoring position.

SAM LIFSHULTZ



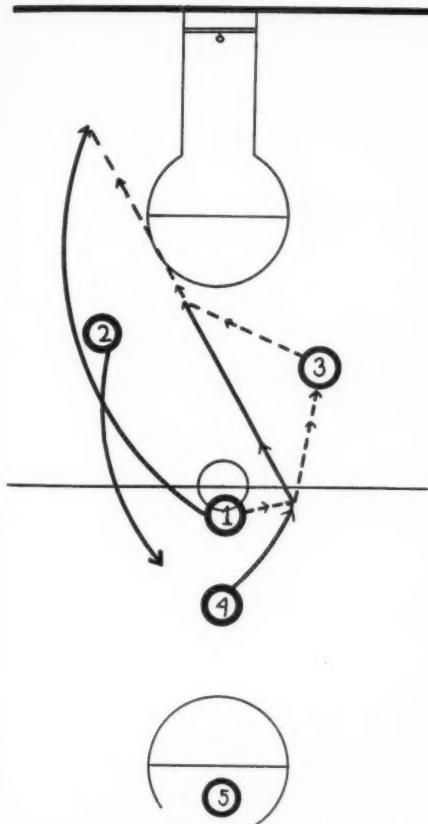
"FIRE-ENGINE" BASKETBALL

By EVERETT N. CASE

The author is athletic director of the Anderson, Indiana, Senior and Junior High Schools, where he came after ten years at the Frankfort High School. His teams have won the Indiana state championship tournament twice, and have appeared in the tournament ten years in succession. For the past six years Mr. Case has been conducting the Indiana Basketball Coaching School at Anderson.

BASKETBALL coaches and officials from twenty-two states, assembled at the sixth annual Indiana Basketball Coaching School last summer had one big problem before them and one big question on their minds, to wit: "What are we going to do with the new rules?"

Answering this question is at present the major worry for coaches the country over, for the ten- and three-second rules bid fair to revolutionize



The famous crash type of play from the tip when the center is able to control the tap. No. 5, back guard, and No. 4, floor guard, line up in tandem formation. No. 4 crashes through and takes the ball from the center tip, and bats it to No. 3. No. 1, center, after the tap, goes out of the circle on the opposite side in which the ball is tapped, and enters the offensive play. No. 2 crashes through on the opposite side of the tip and takes the floor guard's (No. 4) place on defense. The F. G., No. 4, who has crashed through on the tip, advances on the offense as the third man, No. 2, coming back on the play, trails the offense in the floor guard's position. This may be varied on the opposite side of the court.

the national indoor sport. Just as the game in the Middle West was recovering nicely from the effects of the back-court stall, other sections of the nation were experiencing long periods of inaction, and the hooting of crowds, mingled with decreasing gate receipts, forced the changes written into the playing code during the summer.

The rules makers undoubtedly wielded their pens with the intention of shifting some of the burden of the game from defensive players to those on the offense, for the stall type of game, with offensive players going into the back court and having an extended conference, placed all the responsibility on defensive teams.

Only a year or two ago two high school basketball teams in Illinois played a 2-1 score, with the winning team scoring the only field goal in the final minutes of the game. As a consequence, fans of both cities howled long and loudly for a different type of play. Several outstanding teams in Indiana favored the stall type of game for two or three years, gaining some favor at times, but in general the spectators did not like the game, particularly when the stall periods covered any length of time.

An investigation of the offensive possibilities under the new rules brings out several major points of interest. Probably the most commonly understood and the one first brought to the attention of coaches and officials is that no longer will there be any "stall" in the back court; no longer will slow-moving guards prance majestically back and forth across the floor, waiting for a delayed opportunity to work the ball into scoring territory; and the chances look very remote at this time that there will be any great amount of the pivot type of play. At least this method of scoring or progressing will be speeded up to comply with the rule which prohibits the "man in the hole" from holding the ball with his back to the basket longer than three seconds.

A reincarnation of several of the old "fire-engine" features of the game seems imminent as other possibilities are viewed. The fast break offense, in such favor a decade ago, will be seen on most hardwood courts this winter. This means several types of the "sleeper," or "floater" offense, with a good receiver and shooter left behind while the other four men go back on defense.

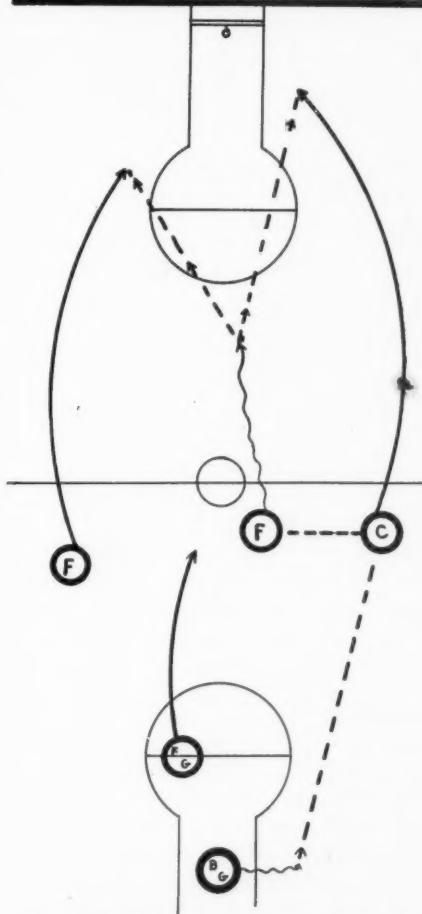
Fast, shifty, good ball-handling for-

NOTED INDIANA COACH SEES RULES AS GIVING FANS THE FIVE-ALARM ACTION THEY WANTED

wards, regardless of size, seem bound to come into their own, replacing to some extent the tall and possibly slow forward who has held the lead for several years. The value of developing this kind of a team was thoroughly illustrated at the Indiana state tournament last spring when the Winamac team used an offense admirably suited to the new rules, and defeated teams supposedly superior.

Kessler, a wiry, shifty forward who was the high scorer of Indiana high schools last year, was a star at this game, going down the floor fast for long passes, or leading a fast-breaking offense which slow, bulky guards were at a loss to combat.

(Concluded on page 24)



The fast break offense that is sure to develop under the new rules. The back guard recovers the rebound and after a short drive to the side on a dribble, passes to the center who has pulled to the side of the court. He immediately passes to the forward who breaks through center. The opposite forward on the left side moves down fast to enter the play. This is a fast floor offense breaking in straight lanes to the goal. An important phase of the fast get-away depends upon the passes out of the defensive area. No dribbling should be allowed unless it is necessary to get away. The guards trail the play when the offense carries the ball.

THE SOCCER SEASON CONTINUES

By GILBERT F. LOEBS

Formerly instructor in physical education at Lincoln School of Teachers College, Columbia University, Mr. Loehs is now a member of the physical education staff at Pennsylvania State College.

DIVERGENT as our various ball games are in their essentials, Rugby, Association Football and American Football owe their origin to the same causes. Play seems to be the natural impulse of every boy and girl, and numerous histories trace the traditional forms of play and recreation which nations fostered. England or Scotland may not be the birthplace of soccer, but these two countries have most certainly been its nursery.

If one were to trace the history of this game one might find its seed planted in some form by the ancient Egyptians, or by the Roman soldiers in Caesar's camps. Soccer, like other forms of play during the Elizabethan period, was defied by law, repressed by monarchs and prelates, and criticized by the pens of educators, who conceived education as a process related to the mind only. In 1314 Edward II forbade the game altogether "owing to the evil that might arise through many people hustling together." Queen Elizabeth proclaimed in 1572 that "no football play be used or suffered within the city of London and the liberties thereof upon pain of punishment."¹

If we were to visit the Rugby School in England today we would find inscribed upon the walls of the headmaster's house the commemoration to William Webb Ellis for his first attempt to take the ball in his arms and run with it, thus originating the distinctive feature of the Rugby game. This stone bears the date of 1823 which also commemorates the passing of "beastly furie and violence" and mad scrambles in the narrow streets of villages and towns. In other words, rules were rapidly taking form which governed the actions of players. Carrying the ball introduced new possibilities which resulted in two governing bodies being organized, namely, the Rugby Union and the Football Association, the former to govern Rugby and the latter to endeavor to im-

¹Gibson, A., and Pickford, Wm.; *Association Football and the Men Who Made It*, Vol. 1, Caxton Pub. Co., London, p. 25.

prove the older of the two games, the kicking game, or as we know it "soccer."

The rules for playing soccer as laid down by the governing bodies today are relatively more simple and fewer in number than many games, and do not require the intricate and delicate interpretation necessary as in other team games. The following regulations drawn up by Mr. J. C. Thring² in the year 1862, may be enlightening for those who are acquainted with our present playing code. While some of these rules are amusing, they form the backbone of the game as it is played today:

1. A goal is scored whenever the ball is forced through the goal and under the bar, except it be thrown by hand.
2. Hands may be used only to stop a ball and place it on the ground before the feet.

3. Kicks must be aimed only at the ball.
4. A player may not kick the ball whilst in the air.

5. No tripping up or heel kicking allowed.
6. Whenever a ball is kicked beyond the side flags, it must be returned by the player who kicked it, from the spot it passed the flag-line in a straight line towards the middle of the ground.

7. When a ball is kicked behind the line of goal, it shall be kicked off from that line by one of the side whose goal it is.

8. No player may stand within six paces of the kicker when he is kicking off.

9. A player is out of play immediately he is in front of the ball, and must return behind the ball as soon as possible. If the ball is kicked by his own side past a player, he may not touch it, or advance, until one of the other side has first kicked it, or one of his own side, having followed it up, has been able, when in front of him, to kick it.

10. No charging is allowed when a player is out of play—i.e. immediately the ball is behind him.

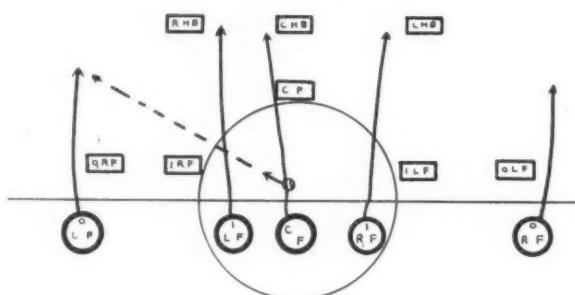
The reader will at once note the similarity of many of these rules to our present code. Rule 4 prohibits the kicking of the ball while in the air which at the time of these rules was felt a necessity in legislating against many inherent dangers of the earlier game. Rule 9 represents our off-side rule today, while Rules 5 and 10 endeavored to eliminate unnecessary roughness.

Out of this chaos, suppression and multitudinous scramble which soccer has passed through the ages, we find it today as a well ordered form of sport for both boys and girls. It is in this nobler form of the game which high school boys and girls are finding so much enjoyment and satisfaction today as well as physical, mental and emotional development. Combative in its ruggedness, cooperative in its team play, and self disciplinary in its code of ethics and rules, we have an outdoor game which, generally, can be continued through most of the winter season, and which meets the criteria and objectives of modern physical education. Schools that find it both difficult and impossible to

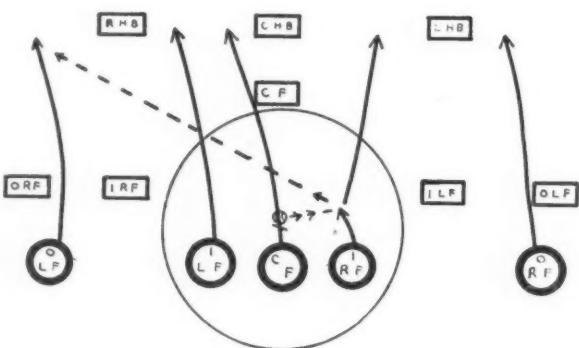
²Gibson, A., and Pickford, Wm.; op. cit. p. 33.

³Stewart, Douglas; *How to Play Soccer*, American Sports Pub. Co., New York, 1930.

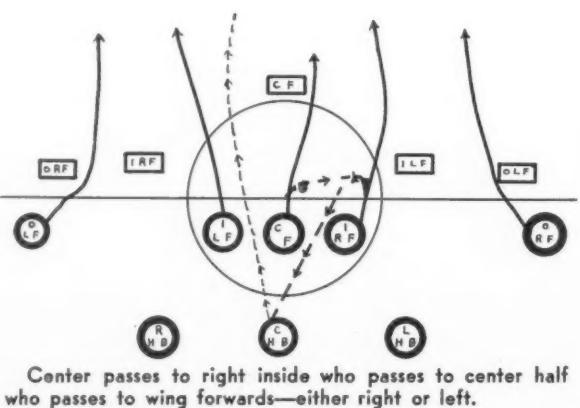
⁴A Study of the Relative Values of Thirty Important Activities in the Physical Education Program for Boys, The Research Quarterly, American Physical Education Assn., March, 1931, pp. 115-174.



THREE ATTACKS FROM KICKOFF. Above: Simple long kick to wing forward from center forward.



Pass from center forward to inside right or left forward, and then to wing forward.



Center passes to right inside who passes to center half who passes to wing forwards—either right or left.

maintain football as a fall activity will readily find in soccer not only a worthwhile substitute, but a game which in and of itself offers numerous possibilities for wholesome development. Large numbers of participants may be active at the same time, playing equipment is inexpensive, and participants with varied skills can readily adapt themselves to some position without spending endless class periods in learning intricate skills or techniques. Soccer offers numerous opportunities for simple relays and games which result from breaking the whole game into its component parts. Drills upon the various fundamentals lend themselves to these competitive relays. The fundamentals of soccer³ may be classified under the following headings: kicking, dribbling, trapping, heading, goal shooting, passing, and breasting the ball. Soccer has rapidly spread throughout the United States since its introduction during the latter part of the nineteenth century in the colleges and universities of New England, and in the recent report of the Committee on Curriculum Research⁴ of the American Physical Education Association we find soccer ranked fifth among the activities for junior high school boys and sixth for senior high school boys.

THE FORWARD LINE

Forwards are considered primarily as offensive players and in most cases the scoring of goals rests upon their skill and ability to maneuver the ball into such a position as will enable one of their teammates to get a clear shot at goal. The forward line consists of five players, namely: the center forward, inside right and left forward, outside right and left forward.

One of the first qualifications of a forward is a bursting enthusiasm for the game and a keen desire for offensive play. Individuals with this aspiration need at the outset to learn the art of kicking goals. Forwards should learn at once the futility of individual play and grasp the importance of combination or team attack by the forward line. Goal shooting is not confined to the center or inside forwards, for many times the wing forwards may either shoot directly for goal or center the ball into such a position so that a teammate may rush in and head the ball through the goal. Constant practice in goal shooting is needed by the entire forward line. Practice may be carried out by sending two forwards against the goal keeper; three forwards against one fullback and the goalie; and the entire forward line against two fullbacks and the goalie, followed by adding the halfbacks to the defensive wall.

The center forward should be able

to kick accurately with either foot; he should possess abundant energy, lightning speed, and ability to sense the defensive plan of the opposing team.

The right side of the forward line should be able to kick accurately with the right foot, while the left side of the line should be left-footed kickers. Outside forwards need regular practice in carrying the ball down the wings and then centering for the goal when defensive player makes his attack. The ability to center the ball high and in front of the goal is an important qualification for the wing forwards and should be stressed in coaching offensive play.

The old expression "he who hesitates is lost" finds a place in soccer, for a forward who needs a fraction of a second to make up his mind may find the clear view of the goal which he originally enjoyed completely obstructed by two or more defensive players. Members of the forward line need more than one mode of attack as the forward who only possesses one type of feint or trick and who can only use one foot to advantage will find himself at a disadvantage in evading the opposing defense. Forwards should not regard themselves as fixtures in their respective areas of the field, but rather learn the value of interchange of positions, e.g., inside right forward crossing over to the wing position with the ball for a dribble down the field, and in such case the wing forward

moving over to play in the inside lane.

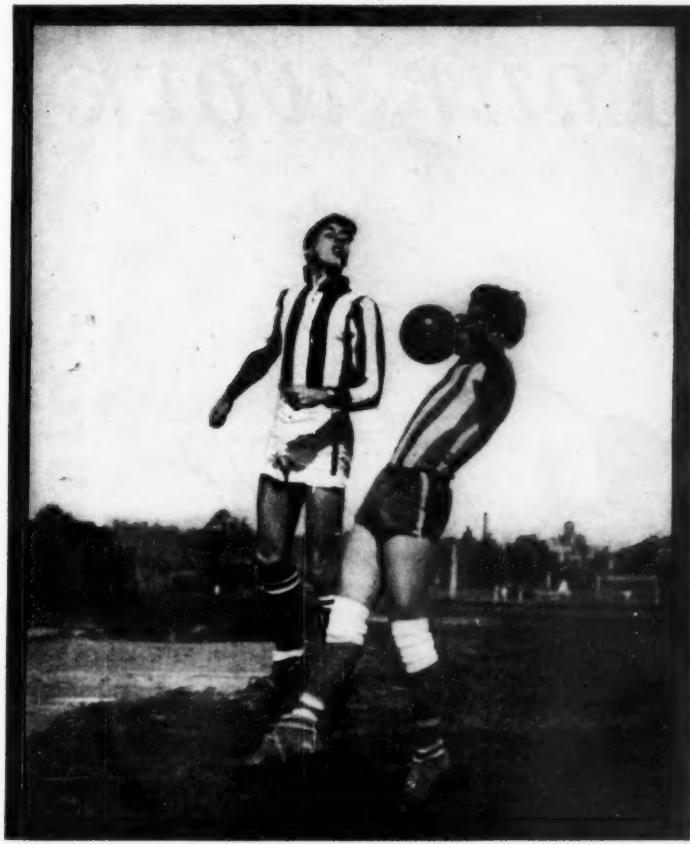
Dribbling at full speed and keeping the ball within reach of the foot at every other step is an important qualification of the forward line and this can only be developed through constant practice.

Receiving passes without losing control of the ball is also necessary in good forwards, and this qualification is developed through mastering the technique of the foot trap and the body block.

HALFBACKS

The halfbacks—right, left and center halfback—are usually the criteria of a team's ability, for these players are frequently called the "key players" as they are both offensive and defensive players. The center halfback is sometimes called the backbone of the team. Endurance and kicking ability are the prime requirements. Some coaches have taken players with forward-line experience and turned them into excellent halfbacks, for such players will know the tricks, moves, dodges, and feints of the opposing forwards. Halfbacks need to develop kicking ability in both feet since the nature of their position is such that they need to be able to send the ball to any direction on the field. Halfbacks generally find themselves in a position to receive the ball from goal kicks or clearance kicks made by the opposing fullbacks and in such case

(Continued on page 21)



Your work doesn't end



NOT a bit of it! Physical strength and mental alertness must be developed in young bodies for sports to come, and for long years ahead. Today's coach has a duty *greater* than just turning out athletic stars.

Postum has devised an All-America Training Plan to help young men and boys attain strong, sturdy bodies and to assist *you* in finding material for your teams.

The principles of training that have been laid down for athletes are principles of *sound living*. That is why so many coaches have written us that they are requiring of their teams and recommending to non-athletes as well, that Postum be included in the diet.

The Postum habit is one which any coach can safely and honestly encourage. As a hot drink for breakfast and other meals as well, Postum is the ideal drink for athletes.

Postum has been put on training-table menus in scores of high schools and colleges. *Postum contains no caffeine or other drug*—nothing that will harm a developing body. Postum cannot cause nervousness, sleeplessness, or indigestion. Made only from whole wheat and bran roasted to a turn and slightly sweetened, Postum is a wholesome, full-bodied, delicious drink.

Postum-made-with-milk is particularly beneficial to growing bodies. It combines the body-building qualities of milk—the almost perfect food—with the wholesomeness of Postum. Postum-made-with-milk is so delicious that it is relished even by those who ordinarily don't like milk.



with the final game . . .



POSTUM'S ALL-AMERICA TRAINING PLAN

- 1. Exercise regularly every day.
- 2. Sleep at least 8 hours per day.
- 3. Keep out-of-doors in the fresh air and sunshine.
- 4. Eat only plain, wholesome food.
- 5. Drink at least 8 glasses of water every day.
- 6. Make sure you eliminate regularly every day.
- 7. Avoid tea or coffee—drink plenty of milk—use a warm drink, such as Postum, with meals.

In an interesting booklet, "Iron Men and How To Build Them," "Pop" Warner, famous Stanford coach, tells about using these rules in his basic program of conditioning athletes.

To increase interest in this Plan, a Personal Score Board is provided. This consists of a chart on which

the boy may keep a weekly record of his weight, height, and progress in the above seven health rules. The chart is surrounded by the records of the latest Olympic champions—something to shoot at!

If you would like a copy of "Pop" Warner's book and the Personal Score Board, just mail the coupon below.

Read what these famous football coaches have to say about POSTUM—THE TRAINING-TABLE DRINK!

"I recommend Postum made with milk to every football coach and player as an excellent help in training. It has been the training-table drink of teams I have been playing on and have coached for 5 years. It never robs the boys of sleep and never affects their nerves, as caffeine drinks are likely to do. I personally drink Postum regularly."

(signed) VIC HANSON,
Coach, Syracuse University

"Proper training-table food is an important factor in developing well conditioned teams. No food or beverage should be on the menu that tends to produce nervousness or indigestion. I consider Postum the ideal training beverage, especially as a warm wholesome stimulant for breakfast."

(signed) HARRY STUHDREHER,
Coach, Villa Nova

"I find that using Postum does not have any harmful stimulating reaction on its user. Furthermore, it is a very restful drink and I can most highly recommend it for young men as it does not, in any way, affect the nervous system."

(signed) LOUIS LITTLE,
Columbia University

"Most athletes like a hot drink, especially for breakfast. There is nothing better than Postum."

(signed) JESSE C. HARPER,
Notre Dame

F R E E ! Samples of Postum and the Personal Score Board—also "Pop" Warner's training book "Iron Men and How To Build Them." After you've become acquainted with the score board and Warner's book, send for as many copies as you want to distribute. Send coupon.

GENERAL FOODS,
Battle Creek, Michigan.

S. C. 12-32

Please send me _____ copies of the Personal Score Board and "Pop" Warner's book "Iron Men and How To Build Them." Also individual samples of Postum.

Name _____ Address _____

School _____

City _____ State _____

DERMATOPHYTOSIS

By W. R. REDDEN, M.D.

Dr. Redden is associated with the Health Service of the Cleanliness Institute, 45 East 17th Street, New York, N. Y.

ATHLETIC directors and coaches in great numbers have been caused considerable anxiety by the appearance and spread among students of an infection of the skin popularly known as "athlete's foot." Fortunately, this form of ringworm does not constitute a severe menace to public health, and its control depends to some extent on reasonable sanitary measures. Yet so many persons have been and are affected by it that a recital of its more common symptoms may sound like a personal experience record to half the population of the United States.

The disease is frequently called epidermophytosis, "athlete's foot," "dhobie itch," and numerous other names which either indicate who gets it, where he gets it, or how he gets it. The infection should rightly be called *dermatophytosis* which means a skin disease due to a fungus. This is by no

means a new disease, yet up to 1918 only about one hundred cases are reported in medical literature.

In 1916, Ormsby and Mitchell¹ in this country presented the subject before dermatologists and clearly indicated that this skin infection was much more common than had been reported; and that every skin disease involving the non-hairy parts of the body, especially those parts whose surfaces pressed against each other, should be considered ringworm until proved otherwise.

Since then, skin specialists have unearthed thousands of cases: physicians in general have found that many cases which they had treated as "eczema," "anal itch," "chafing," were really fungus infections due to ringworm. For at least three years, the United States Public Health Service has been broadcasting the statement that every other person in the United States each year is infected with ringworm.

"But why," you ask, "did this infection suddenly become so widespread?"

There are four reasons:

First, it was probably widespread before the war, but because the actual disease did not resemble ringworm, it was not even suspected except in rare cases;

Second, with the mobilization of millions of men and women for duty, congested quarters, feet encased in heavy socks and boots, feet soaked with water or perspiration for hours and days, the infection rapidly increased in intensity and spread;

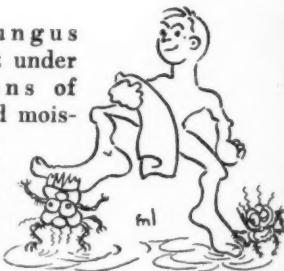
Third, the ever-increasing use of swimming pools with their adjacent shower and locker-room equipment in preparatory schools, colleges, universities, country or town clubs, constantly increased the chance for infected persons to spread the fungus to every surface and everything they touched with infected parts of their bodies;

Fourth, once the fungus became widely distributed, it spread rapidly to hotels and homes.

¹Dr. Oliver S. Ormsby and Dr. James H. Mitchell, Department of Dermatology of the University of Chicago Medical School.

IN OTHER WORDS, "ATHLETE'S FOOT"

The fungus thrives best under conditions of warmth and moisture, hence it is found most generally in the South, and in the North



more frequently in summer than in winter, with a maximum rise in September and with May a close second. It is more likely to occur on persons who are high-strung and who perspire readily.

Using the same index of warmth and moisture, it attacks the skin folds most frequently, particularly between the toes, and especially between the fourth and fifth toes where the skin surfaces are pressed together almost constantly when shoes are worn.

The presence of ringworm fungus on the body does not necessarily mean an active infection of the skin, for the plant is so widespread that it is almost impossible to be free from it. Curiously enough, no break in the skin is necessary for an active infection to take place. Weidman² placed cultures of the fungus between the toes which he then bound together for about two days. Infection took place slowly but definitely.

WATCH THE TOES

There are at least two important reservoirs on the body in which large numbers of the ringworm spores may remain for months and even years—the spaces between the toes, especially between the fourth and fifth, and the toenails. With this in mind, it is easy to understand how readily one becomes reinfected and with what ease other parts of the body are attacked. In fact, whenever ringworm of other parts of the body appears, these reservoirs should be checked up.

Dr. Arnold³ suggests that the spaces between the toes are dry in children until shoes are worn, but that when feet are encased, these spaces are constantly moist, and the corneal layers of skin which are being constantly shed in the presence of bacteria result in a cheese-making laboratory—the skin scales taking the place of casein. The odor will vary with the types of bacteria thriving on this alkaline moistened skin surface.

(Concluded on page 22)

²Dr. Fred D. Weidman, Director of Dermatological Research Laboratory, University of Pennsylvania.

³Dr. Lloyd Arnold, Research Laboratory, University of Illinois, College of Medicine and Department of Public Health, State of Illinois.

THE FUNGUS THRIVES IN MOISTURE



CARE OF THE HAIR; USE OF WATER ON IT

By ALFRED POTTER, M.D.

PROBABLY no part of the body engages quite so much notice as the hair. Enormous sums are spent annually on hair and scalp preparations for beautifying the hair and curing baldness and scalp infections. Probably fifty percent of young men show evidence of beginning baldness before the age of twenty-five; and yet probably the lay person possesses less actual knowledge of the hair and scalp than of any other organ of the body.

On the other hand, there is perhaps no part of the body about which the average person possesses such a vast amount of incorrect information. There are two main reasons for this. First, physicians have never taken scalp troubles and loss of hair as serious affections and when consulted about them have passed the matter off lightly or jokingly. Therefore most of the advice and information have come from barbers and hairdressers who, however sincere, have never been taught anything scientific about the scalp and its diseases.

To understand what is good and bad in the care of the scalp and hair, it is necessary for one to know first what they actually are.

The scalp is that part of the skin covering the skull. It is composed of two main layers. The outermost layer, or epidermis, is composed of horn. This horny surface is insensitive and very resistant and protects perfectly the living and highly sensitive underlying tissues. The epidermis rests upon the true skin or dermal layer or corium. The derma is composed of a network of fibers which contain the blood vessels, nerves, and oil and sweat glands of the skin, and from this layer the epidermis derives its nourishment. The sweat and oil, or sebaceous glands, which are a very important part of the skin, are formed from the epidermis which dips down into the derma.

The hairs, like the nails, are horny structures which are simply the horny layers of the skin arranged in a special form. The composition of hair is in no way different from that of the nails. Nails are hard because they are compact and massive, whereas hairs are pliable and supple because they are single spines. Hairs, therefore, are composed of the same elements that

go to make up the epidermis or scarf skin, but the cells are arranged differently. To form a hair, the epidermic layer dips down into the true skin in the shape of a tube. At the bottom of the tube is a little projection from the true skin called the papilla upon which the epidermic tube or hair follicle rests, and from which papilla the hair grows. (See drawing on page 19.) Every hair is a horny cylinder and has a covering or cortex and a medulla or central shaft. The hair gets all its

The life of a hair is not definitely known but varies from four months to four or five years. When it dies, it drops out and is replaced by a new hair which grows up from the papilla and forces out the old hair. This shedding and renewal of hair goes on continuously. Falling hair is natural and is only abnormal when it becomes excessive. The hair grows from one-eighth to one-half an inch a month.

HYGIENE OF THE SCALP AND HAIR

As the scalp and hair like all other tissues of the body gain their nourishment from the blood, it is evident that whatever affects the general health will also affect the skin and hair. Therefore the most important factors in maintaining a healthy scalp and vigorous head of hair are proper diet, sleep, exercise, fresh air, bathing and sunlight—but right here please note that while the effect of sunlight on the skin is to stimulate the skin cells and circulation and a moderate exposure is beneficial, too long, continued, or repeated exposures make the skin coarse, dry and old.

LOCAL CARE OF THE SCALP AND HAIR

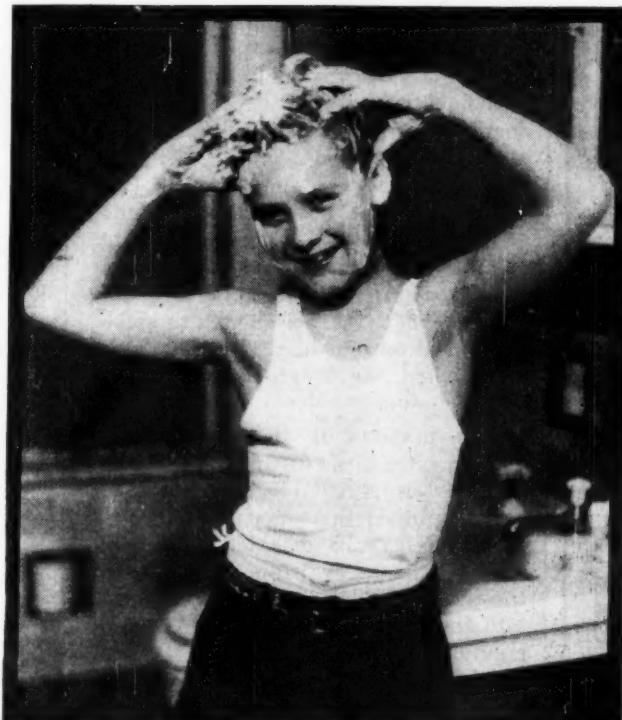
The care of the scalp and hair should properly begin at birth. The two chief methods of maintaining a normal scalp are cleanliness and creating a proper circulation in the scalp either by massage or proper brushing of the hair.

SHAMPOOING

The scalp and hair may be washed as often as is necessary for cleanliness. The frequency will depend somewhat on the condition of the scalp (whether oily or dry) and the amount of dirt or dust to which it is exposed. Once or twice a week for people with short hair is a fair average. Any good toilet soap may be used.

Care should be taken to wash the scalp thoroughly as well as the hair, to rinse out the soap well afterwards, and to dry the scalp and hair well. Drying long hair in the sunlight is preferable. Complaint is often made that the hair is unmanageable after a shampoo. This is generally remedied by brushing the hair a few times, or if the scalp is very dry, rubbing a little bland oil into it. Salt water bathing has a stimulating effect and is bene-

(Continued on page 19)



A NORMAL SCALP—CLEANLINESS

nourishment from the blood vessels in the true skin. The part of the hair external to the skin, or the shaft, is without life, has no circulation, is not hollow, contains no fluid, and cannot bleed or lose any vitality when cut. This fact should at once make it clear how impossible it is to grow hair by the simple application of remedies sprinkled on the hair and scalp, and how absurd it is to imagine that such a process as singeing the hair can be of any benefit. All the papillae and hair follicles are present at birth. New follicles do not develop once a child's hair has matured. Therefore if the hair follicles are once destroyed new ones cannot be produced. How, then, can the many advertised preparations guaranteeing to grow new hair do so, if they cannot produce new papillae and hair follicles? The answer is that they can't.

WATCH THE FEET!



Successful Coaches know that a team with feet and ankles in poor condition can be beaten in the second half.

Don't Let Your Team Be Handicapped

Use ACE Ankle Rollers and stop turned ankles, sprains, sore arches, etc. Easy to apply, economical, comfortable—and they do not impede foot action.

Send for the Ace Athletic Manual and find out about this remarkable bandage.

Sold Through Dealers

SC-12

Send me free copy of the
ACE ATHLETIC MANUAL

Name _____

Address _____

Institution _____

Dealer _____

BECTON, DICKINSON & CO.
Rutherford, N. J.

SPEEDBALL FOR GIRLS

By ALICE W. FRYMIR

THE game of speedball was originated by Elmer D. Mitchell at the University of Michigan in 1921. The idea was to provide an activity which would attract a large number of students and which would prove of interest as a recreational game for intramural competition. The game was definitely planned so that it would be played with a minimum of expense and danger.

Although the game employs the elementary features of soccer, basketball, and football to provide a combination kicking and passing game, the rules themselves are very simple. It is an excellent game for high school girls if a field is available because (1) it does not require expensive equipment—a soccer ball and a field, 100 by 40 yards; (2) the rules are simple; (3) the teamwork is not too complicated; (4) the element of danger is slight; (5) many known basketball skills may be utilized for successful playing; and (6) the game is active enough to make it an ideal one for late fall and winter days when the weather is not too severe.

The outstanding feature of the playing rules is the distinction between fly balls and ground balls. A ground ball is played the same as in soccer. The ball may be dribbled or passed to a teammate by propelling it with the feet. A fly ball is one that is raised into the air directly from a kick and may be played with the hands until the time that it again strikes the ground.

The game of speedball should appeal to the girl more than soccer because she has the privilege of using her hands in catching the ball when it approaches her from the air, which is an instinctive tendency. However, the passing element of the game should not be stressed more than the kicking element, as it is the combination of plays and variety of scoring which hold the interest of the player.

There are three methods of scoring from regular play: (1) The ball may be kicked under the cross bar and between goal posts, as in soccer, or (2) drop-kicked over the cross bars between the goal posts, as in football, or (3) by a completion of a forward pass from the field of play (provided it is started inside the six-yard line) into the end zone. This third method, called a touchdown, may also be scored by the completion of a juggle, as long as the play is started inside the six-yard line. These three methods score three points, one point and two points,

respectively. A greater value is given to the first or field goal to encourage the players to perfect the kicking game. There is also the possibility of scoring through the assessment of penalties. Each penalty kick scores one point.

Personal fouls include kicking, tripping, charging, pushing, holding or blocking an opponent, and unnecessary roughness.

A personal foul is penalized by a free trial at the goal or two free trials

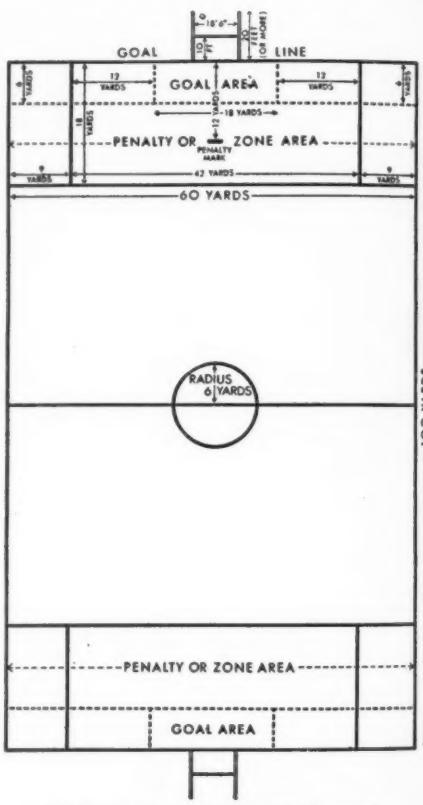


DIAGRAM OF GIRLS' SPEEDBALL FIELD
Courtesy, American Sports Pub. Co.

if the foul is made by a team in its own penalty area. The penalty kick is taken from a mark twelve yards in front of the goal with only the goalkeeper defending the play.

The penalty for a technical foul is a free kick at the spot where the foul was committed except if made by the defender within the penalty area, when one penalty kick is awarded.

Technical fouls are: running with the ball, touching a ground ball with hand or arms, juggling more than once in succession, and kicking a fly ball unless a player has first caught it.

The personnel of the team is the same as for soccer: five forward line players, three halfbacks, two fullbacks, and a goalkeeper. The game is

started by a place kick from the center of the field, as in soccer. All players of the team taking the kick must be behind the ball and the opponents must be behind a restraining line ten yards distant. The object of the game is to propel the ball down the field by kicking or passing, according to the rules, until within scoring distance of goal or end zone, when all effort is concentrated on scoring by any one of the three possible methods. If the ball is sent out of bounds on the side of field, a throw-in is permitted by the opponents. If the ball goes over the goal line at the end of the field without a score resulting, the ball goes to an opponent who may return the ball to the field of play by either a pass or kick.

In presenting the game of speedball to the students it is best to teach it by association with the techniques and plays of soccer and basketball—either or both—whichever may be familiar to the girls. If the girls have never played soccer, it will be best to teach the fundamentals of kicking, dribbling, punting, trapping, and blocking the ball.

The basketball to be stressed should be technique for long passes as the throwing distances will be increased because of the greater size of the field. The overhead dribble or—in basketball terminology—the juggle, should be perfected. Interception should be stressed rather than the guarding technique. It is well worth spending time on the technique of pivoting, so that when progress forward is blocked, a back pass can be made. A trick play to be developed in speedball is lifting the ball to one's self with the foot, so that it becomes a fly ball and can be caught in the hands and passed.

Inexperienced players make the mistake of kicking all balls with the toe. For dribbling and short kicks, the inside of the foot should be used to propel the ball. The dribbler should keep the ball within close distance of her at all times. In kicking punts, the ball should be kicked off the instep, on the outerside of the foot.

When the kicking style of play is used it will be most successful if the ball is advanced up the edge of the field and then, when the defense is drawn out, the ball centered.

The passing game has the greater advantage when the ball is carried up

YOU'LL LIKE TO PLAY WITH DUBOW BASKET BALLS



D35

Dubow's Basket Ball **Approved by the National Federation of State High Schools Athletic Association.** Made of the finest selected pebbled grain cowhide specially tanned for this purpose. Double lined with the highest grade of materials, all seams inside, rounded and flattened down and reinforced at ends with hand sewing. Equipped with an improved type of valve bladder easily inflated. Each ball is inspected at the factory by a representative of the National Federation.



DHB

High School Regulation . . . An excellent basket ball for High School games. Made the same as the "D35" but not built up to the standard of the "Approved" Ball. An unusually good ball for the price. Many schools order a few of these when they place their orders for the National Federation Approved basket balls.

J. A. DUBOW MANUFACTURING CO.
1907-1913 MILWAUKEE AVENUE — CHICAGO, ILL.

the center of the field, for then a drop kick may be attempted or a forward pass to either side of the end zone.

If the opponents are using a passing game, it is good strategy to play all fly balls to the ground, to handicap their overhead style of play.

A team should always have a player ahead of the ball, as a possible forward-pass receiver.

The player advancing the ball up the field should have a teammate trailing, so that if she is blocked ahead she can pivot and pass back to a trailer who may continue to play or attempt a drop kick, if in position.

Long high passes or punts should not be used against strong wind. It is better to use ground kicks, dribbles, and low passes.

PRE-EMINENT AS A REMEDY FOR ALL INFLAMMATIONS AND CONGESTIONS OCCURRING AS A RESULT OF ATHLETIC INJURIES

Sample will be sent upon request.
The Denver Chemical Mfg. Co., New York, N. Y.

Antiphlogistine
TRADE MARK

**THE ROLL CALL
OF
BARNES BOOKS
1932**

EXERCISE AND ITS PHYSIOLOGY

By Adrian G. Gould, Ph.B., M.D., and Joseph A. Dye

8vo. Cloth—56 Halftones and Drawings—Illustrations in color—33 Tables and Charts—433 Pages \$3.00

PYRAMIDS ILLUSTRATED

A Comprehensive Manual for Classroom and Exhibition Purposes

By Mathias Macherey and John N. Richards 8vo. Cloth—221 "Stickmen" Illustrations—190 Pages \$3.00

TESTS AND MEASUREMENTS

A Workbook in Health and Physical Education

By Irene Palmer

8vo. Cloth—Diagrams and Tables—143 Pages \$2.00

TENNIS ORGANIZED

For Group Instruction

By Dorothy Randle and Marjorie Hillas 12mo. Cloth—Copiously Illustrated—165 Pages \$1.60

TAP DANCES

By Anna Schley Duggan

Quarto Cloth—13 Full Page Halftones—Diagrams of Steps—Music—108 Pages \$2.00

**CHARACTER EDUCATION
THROUGH
PHYSICAL EDUCATION**

Volume III in
"Interpretations of Physical Education"

Edited by Jay B. Nash, Ph.D. 12mo. Cloth—310 Pages \$2.00

FOLK FESTIVALS

For Schools and Playgrounds

By Mary Effie Shambaugh

Author of "Folk Dances for Boys and Girls" Quarto Cloth—Copiously Illustrated—Music—192 Pages \$3.00

**THE MEASUREMENT OF
ATHLETIC POWER**

By Charles Harold McCloy, Ph.D.

Large 8vo. Cloth—Charts and Diagrams—201 Pages \$3.00

GREEK GAMES

An Organization for Festivals

By Mary P. O'Donnell and Lelia M. Finan Quarto Cloth—Profusely Illustrated—Music—155 Pages \$4.00

FOOTBALL LINE PLAY

By Bernard F. Oakes

8vo. Cloth—Copiously Illustrated—263 Pages \$4.00

**CORRECTIVE EXERCISES FOR IN-
DIVIDUAL PHYSICAL EDUCATION**

By C. D. Glauque and J. P. Trepp

8vo. Paper (Punched to fit the Physical Education Handbook—Illustrated—\$0.75

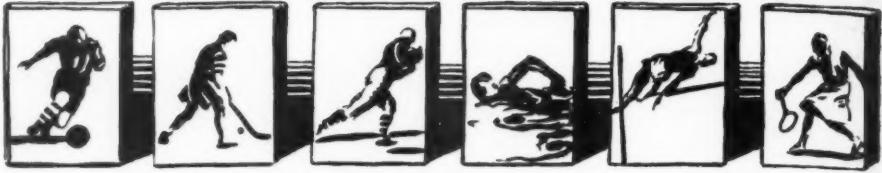
Send for our New and Complete Catalogue of Books on Health and Physical Education—Athletics—Dancing.

A. S. BARNES & CO.

Publishers

67 West 44th Street, New York, N.Y.

BOOKSHOP



A BOOK SERVICE FOR READERS OF SCHOLASTIC COACH: Browse around below, select the books you want (you are under no obligation to buy), and we will take care of the order for you at no extra cost. Send the publisher's price to Scholastic Coach Bookshop, 155 East 44th Street, New York City, and your order will receive immediate attention. We pay the postage. There are any number of good suggestions here for Christmas presents. If you want further information about any of the books, or if you want a book that is not listed, just ask for it.

BASKETBALL

Winning Basketball, Nat Holman, \$2.

Team Play in Basketball, J. Craig Ruby, \$2.50. *Basketball Play Situations*, Nat. H. S. Federation, \$1.

Indiana Basketball, Everett Dean, \$2.

My Basketball Bible, F. C. Allen, \$4.

Science of Basketball, W. C. Meanwell, \$3.50.

Basketball for Women, Alice W. Frymir, \$2.

BASEBALL

Baseball, Individual Play and Team Play, Clarke and Dawson, \$2.

Baseball Notes for Coaches and Players, Elmer Berry, \$2.

Baseball for Girls and Women, Gladys E. Palmer, \$1.60.

BOXING

Boxing, Jack O'Brien and Dr. Bilik, \$2.

Boxing, D. C. Hutchison, \$1.

A Man Must Fight, Gene Tunney, \$2.50.

FOOTBALL

Football Line Play, B. F. Oakes, \$4.

Football for Players and Coaches, Pop Warner, \$5.

Coaching, Knute Rockne, \$5.

Football, J. W. Wilce, \$2.

What Price Football, Barry Wood, \$1.75.

Football Conditioning, Holger C. Langmack, \$1.50.

Kicking the American Football, Leroy Mills, \$2.50.

How to Officiate Football, F. A. Lambert, \$1.

The Forward Pass and Its Defense, Charles E. Dorais, \$1.75.

How to Coach and Play Football, Howard Jones, \$3.

FENCING

The Art of the Foil, L. Barbasetti, \$5.

The Book of Fencing, Eleanor B. Cass, \$5.

FIELD HOCKEY

Field Hockey & Soccer for Women, Frost and Cubberley, \$2.

CAMPING

Camping and Education, B. S. Mason, \$2.50.

Camping and Character, Dimock and Hendry, \$3.

Creative Camping, Joshua Lieberman, \$2.

GOLF

A New Way to Better Golf, Alex Morrison, \$2.50.

GENERAL ATHLETICS

Modern Athletics, Lawson Robertson, \$2.

Aims and Methods in School Athletics, Win-gate Memorial Foundation, \$2.

The Book of Athletics, Paul Withington, \$2.

Intramural Athletics, Elmer D. Mitchell, \$2.

Women and Athletics, Women's Div., N.A.A.F., 75c.

Intramural Athletics and Play Days, E. M. Draper and G. M. Smith, \$1.

ICE HOCKEY, SKATING, SKIING, etc.

Ice Hockey, T. K. Fisher, \$2.

Ice Hockey, Sayles and Hallock, \$2.

The Book of Winter Sports, \$1.50.

WRESTLING

Modern Wrestling for the High School and College, H. Otopalik, \$2.

RIFLERY

Rifles and Rifle Shooting, Charles Askins, \$1.

PHYSICAL EDUCATION, POSTURE

Physical Education Activities—A program of Intramural Gymnastics for Secondary Schools, Cramlet and Hinote, \$2. *Exercise and Its Physiology*, A. G. Gould and J. A. Dye, \$3.

Preventive and Corrective Physical Education, George T. Stafford, \$3.

Health Through Projects, G. D. Brock, \$2.

The Administration of Physical Education, Jay B. Nash, \$3.

The Theory of Organized Play, Bowen and Mitchell, \$2.40.

Creative Activities in Physical Education, Olive K. Horrigan, \$2.

The Physical Education Handbook, A. P. Way, \$2.50.

A Text-Book of Physical Education, Williams and Morrison, \$2.75.

Tests and Measurements, A Workbook in Health and Phys. Ed., Irene Palmer, \$2. *Anatomy and Physiology*, a text book by Jesse Feiring Williams, \$2.75.

The Posture of School Children, Bancroft, \$2.

Physical Examination and Diagnostic Anatomy, Charles B. Slade, \$2.

Human Physiology, Percy Goldthwait Stiles, \$2.25.

The Athlete in the Making, Williams and Nixon, \$2.25.

Corrective Exercises for Individual Physical Education, Glauque and Trepp.

RECREATION

The Child and Play, J. E. Rogers, \$2.

Play Games and Other Activities, A. B. Wegener, \$2.

Games, Contests and Relays, Seward Staley, \$3.

SWIMMING

Swimming the American Crawl, Johnny Weiss-muller, \$2.50.

Swimming and Diving, Gerald Barnes, \$1.75.

Swimming, Its Teaching, Management and Program Organization, Grace B. Davies, \$2.25.

TRACK AND FIELD

Track and Field Athletics, Albert B. Wegener, \$2.

Track Athletics and Cross Country, L. W. Olds, \$2.

Track and Field for Women, Alice W. Frymir, \$2.

Athletics of Today for Women, F. A. M. Webster, \$4.50.

TENNIS

Match Play and the Spin on the Ball, Wm. T. Tilden, \$4.

Lacoste on Tennis, Rene Lacoste, \$2.50.

Tennis, Helen Wills Moody, \$2.50.

Top-Flight Tennis, Mary K. Browne, \$1.

ARCHERY

Archery, Simplified, Phillip Rounseville, \$2.

Student's Handbook of Archery, Rounseville, 25c.

THE DANCE

The Gymnastic and Folk Dancing Books, Mary Wood Hinman, in 5 vols. all with music.

Vol. 1—*Solo Dances*, \$2.

Vol. 2—*Couple Dances*, \$2.

Vol. 3—*Ring Dances*, \$2.

Vol. 4—*Group Dances*.

Vol. 5—*Taps, Clogs and Jigs*, \$2.

MISCELLANEOUS

An Athletic Anthology, edited by H. V. Porter, \$1.15.

Death in the Afternoon, Ernest Hemingway, \$3.50.

Athletics In Education, Williams and Hughes, \$2.

Athletic Director's Record System, \$12.25 (sent on trial).

HERE'S THE PIN WE WANT

IT'S NEW! SNAPPY! HANDSOME! SAYS most EVERYONE

This smart new pin, silver-plated 35c ea. or \$3.50 doz. Sterling silver or gold plate 50c ea. or \$3.00 doz. One or two colors enamel. Any 3 or 4 letters and year.

FREE 1933 Catalog showing hundreds of school class, club, society pins, rings, medals, etc.

BUY FROM THE CLASS PIN PIONEERS

BASTIAN BROS. CO. 142 Bastian Bldg., Rochester, N.Y.

CARE OF THE HAIR

(Continued from page 15)

facial, but if the salt water dries on the hair it leaves it stick and tends to dry out the scalp. Therefore the head should be rinsed in fresh water immediately after salt bathing and dried.

Shampooing of the scalp and hair regularly and properly is the most important treatment of the normal scalp. It removes dirt, scales, grease and germs, and improves the general tone of the scalp and invigorates the hair growth.

WASH HAIR AFTER VIGOROUS EXERCISE

One of the chief functions of the oil and sweat secretions is to keep the skin soft and pliable. If there is an over-secretion, however, either through over-exercise or ill health and these secretions are allowed to remain upon the skin, they become rancid and irritating and make a good soil for the growth of dandruff germs. It is advisable, therefore, always to wash the scalp and hair, as well as the body, after vigorous exercise. They should be thoroughly dried immediately after.

CIRCULATION

Massage of the scalp is next to cleanliness in importance. It maintains a proper circulation of the scalp and improves the nourishment of the hair. The scalp should be massaged daily for five or ten minutes. It is best done with the finger tips, not by rubbing the scalp but by pressing the fingers firmly on the scalp and moving the skin with the fingers. The entire scalp should be thoroughly gone over in this manner.

Brushing the hair is also a good method not only of stimulating the scalp but of cleansing the hair and making it smooth and glossy. Probably the reason why women are less frequently bald than men is that they take more time and pains in brushing their hair. Daily brushing, more than anything else, gives the hair a beautiful sheen. It also overcomes excessive dryness by stimulating the oil glands and distributing the oil through the hair. Brushing, to be of benefit, should be done twice a day and thoroughly, not just enough to smooth the hair in place.

Scalp tonics, when suitable, act prin-

pally as a chemical massage by stimulating the scalp circulation and producing a glow.

DANDRUFF

While it is not possible to discuss diseases of the scalp here, a short discussion of this one subject will perhaps bring out many points of value in the care of the scalp. Perhaps in no other condition is the statement "prevention is better than cure" more true than in the case of dandruff.

Dandruff scales and crusts begin on the scalps of children as early as the tenth year. This scurf is resistant to the ordinary cleansing methods and constantly reappears shortly after a shampoo. Dandruff appearing between the ages of ten and fifteen years is the first stage of one type of baldness and should be treated seriously as soon as discovered. All loss of hair of this type occurring before the age of twenty-one is generally progressive and difficult to cure. Scales of dandruff contain thousands of a particular germ which is very difficult to destroy without injury to the hair and scalp. But proper treatment will remove these germs. The most important part of this treatment is cleanliness and maintaining a proper scalp circulation. Unless treatment is continued, however, dandruff will always recur.

In cases of falling hair many people are afraid to brush the hair because more hairs fall out after brushing. Only the loose hairs, however, are brushed out and after a short time these all disappear and the falling becomes less.

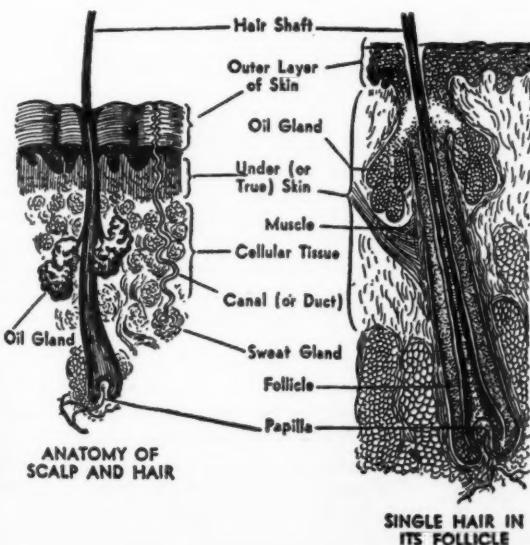
A scalp infected with dandruff should not be massaged until it is thoroughly shampooed and the dandruff scales removed as otherwise the massaging is liable to spread the infection.

Combs and brushes are undoubtedly one of the chief means of conveying infection to the scalp. They should therefore be of such nature that they may be washed and sterilized. They should be washed at least once a week and sterilized in an antiseptic solution. One teaspoonful of formalin to one pint of water is splendid for this purpose. While most barbers and hairdressers are careful to keep their instruments clean and sterilized, it is always a good practice thoroughly to wet the hair and scalp with alcohol immediately after returning from a visit to them.

BALDNESS

While perhaps seventy-five percent of the cases of baldness are due to dandruff or infection of the scalp, improper care and treatment of the scalp is also often a cause of loss of hair. This is true particularly in those where there is a hereditary tendency to baldness. The principal ways of mistreatment of the scalp are:

1. Wetting or washing the hair and scalp daily without proper drying afterward.
2. Allowing the scalp to become too dry.
3. Excessive exposure to sunlight.
4. Improper methods of treatment by barbers and hairdressers and the indiscriminate use of scalp medication.
5. The wearing of tight hats.



the new book by

Nat Holman

Basketball coach, the College of the City of New York, author of "Scientific Basketball"



Winning Basketball

Written primarily for the young player who has had some experience at the game and for the coach of basketball teams. The aim is to point out the common faults of the average young player, to define the requirements of sound basketball, and to illustrate the most advanced methods of training and developing a team along those lines.

Nat Holman's long experience as a professional basketball player and as a coach of college teams has given him a double perspective and has enabled him to view the game from every possible angle. The player's point of view, the coach's point of view, both are considered through the eyes of a player of fifteen years' experience, eight with the World's Champion Original Celtic team, in which he faced every conceivable situation that can arise on the basketball floor.

Fundamentals, individual offense, team offense, methods of instruction for the coach, handling a team from the bench, are only a few of the points handled lucidly and in great detail by Mr. Holman. Moreover, the book is absolutely up to date, the newest treatment of a game that has changed greatly during the last few years.

The numerous action illustrations are mostly from motion-picture films made by Mr. Holman.

\$2.00 at your bookstore

Charles Scribner's Sons, New York

RIDDELL

The Trade Mark of



Quality • Service

Announcing *the* Opening
of a New Department
for

**REPAIRING FOOTBALL SHOES
AT A PRICE OF \$2.00 PER PAIR**

We reserve the right to reject all shoes in which the leather has so rotted that it would not pay to repair them.

This price includes recleating, putting in new plates, putting on new taps, and other repairs necessary to put the shoes in good playing condition.

JOHN T. RIDDELL, INC.
1259 NORTH WOOD STREET, CHICAGO, ILLINOIS

USE OF WATER

The question is often asked, "Is the daily use of water on the hair and scalp injurious?" If one engages in vigorous exercise and perspires freely, or one's work is such that the scalp becomes full of dust or dirt, there is no objection to the daily shower or shampoo provided the scalp and hair are thoroughly dried afterward. I am of the opinion, however, that the daily use of water on the hair without a thorough drying of both the hair and scalp immediately after the wetting is injurious and is a factor in the development of baldness.

GENERAL

It is well to remember that an itching scalp is generally a diseased scalp.

It will be noticed that no particular advice has been given to girls and women in this article for the particular reason that all that has been said applies equally to boys and girls. It is well for them to remember, however, that while there are exceptions to every rule, permanent waves, curling with hot irons, drying with excessive heat, and most of the artificial methods of arranging women's hair tend to make it dry, brittle and lustreless. Hairs so treated split and break.

SUMMARY

To maintain a normal scalp and healthy and vigorous head of hair:

1. Keep the body healthy.
2. Shampoo the scalp at least once a week.
3. Massage scalp and brush hair thoroughly at least once a day.
4. Wash and sterilize combs and brushes at least once a week.
5. Apply an alcoholic lotion to scalp and hair after returning from barber or hairdresser or when exposed to infection.
6. Apply a little bland oil to scalp once or twice a week if scalp and hair are too dry, and always the night before a shampoo.
7. Always dry hair and scalp thoroughly after shampoo, shower or any use of water.
8. Finally, remember that most cases of baldness arise from infection, which means that the scalp has not been kept clean.

Metric System for A.A.U.

Sweeping changes in the conduct of several forms of athletics, to conform to the methods of the International Amateur Athletic Federation, were adopted by the Amateur Athletic Union of the United States during its forty-fourth annual convention in New York City last month. The outstanding change was the complete adoption of the metric system of measurement of distances for all track and field championships, in place of the yardage system hitherto the standard. This will later be applied to swimming.

A complete new system of diving rules, bringing into union and agreement the system of judging diving for both men and women, as recently settled by a joint committee of the A. A. U., the National Collegiate Athletic Association, and the Swimming Coaches Association, were adopted and will be in use hereafter.

Several other minor changes to conform with International A. A. F., were adopted, including the permission to use hollow pasteboard tubes as batons in relay races.

SOCER

(Continued from page 11)

they should practice receiving the ball on their head and passing immediately to the forward line.

Since halfbacks are defensive as well as offensive players they will need to learn the fundamentals of tackling. In teaching boys tackling it seems a wise procedure to discourage jumping immediately, since the player can be disqualified by using such tactics. In addition to footwork in tackling the halfback should bother the player with the ball by using the block or body check. If the opposing player has possession of the ball and advancing by using the dribble the attack should be made in such a way as to force the player to the touch lines, or body check by using short steps rather than long running strides. Halfbacks carrying the ball into offensive territory and kicking over the goal show very poor judgment, as the ball should be played by careful dribbling until a defensive player is drawn out of position and then a pass made into that territory where one of the forward line may receive it. Halfbacks kicking too far and into the defense men, as well as hurrying passes, show inexperience or lack of judgment. On the attack made by the forward line the halfbacks usually play from 25 to 35 feet behind the forwards, not on a straight line but rather in a V formation.

FULLBACKS

Height and weight are important qualifications in the selection of fullbacks since these players must resist the offensive charges of the opposing forward line. Height is of advantage since it allows fullbacks to head the ball rather than wait until it hits the ground for kicking. Accuracy in heading is an important qualification because the ball must be returned to the field away from the goal into safe territory.

Kicking is a second qualification of importance, and it is not how far can a fullback kick but rather how sure can a fullback kick. Kicking the ball to a teammate is a second consideration in the kicking ability of the fullback, since clearance of goal is important.

Fullbacks can play their position in one of two ways since they are mainly the defensive bulwark of the team. First, they may play what is known as the "tandem position" which means playing in front of

GOOD FOOTWORK, LEGAL BODY CHECKING AND HEADING THE BALL. PHOTOS FROM "THE BOOK OF ATHLETICS," LOTHROP, LEE & SHEPARD, BOSTON, 1922.



". . . SO THAT A TEAMMATE MAY RUSH IN AND HEAD THE BALL THROUGH THE GOAL"

each other. This offers a reinforcement to the defense since the second man in the tandem meets the offensive when the offensive team passes around the first fullback.

The second method of fullback play is known as the "lateral formation" in which one fullback goes out to meet the play and the other acts as a secondary wall. In this mode of defense fullbacks should never play in a straight line, but rather play in such a position so that the offense can be forced before reaching shooting position.

GOALKEEPER

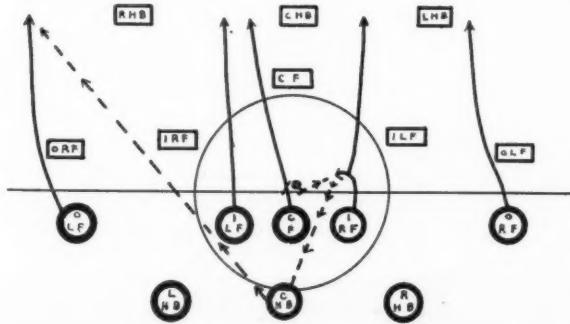
The "custodian of the sticks" as the goalkeeper was called in the early days needs to be alert at every moment since he is the last hope of the defense. The goalie has one great advantage over the other players since he is allowed the use

of his hands in protecting his embattled area. Height is of extreme advantage in case of loop shot from the wings or from a corner kick the goalie can reach above the heads of the opposing players and bat the ball out of the danger zone.

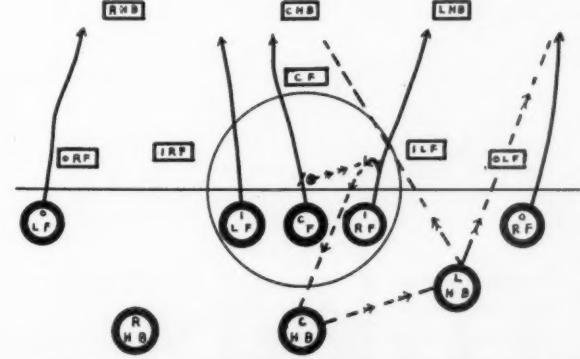
It goes without saying that a small goalkeeper, regardless of his alertness, is at a disadvantage in handling high shots. On the other hand the tall goalkeeper who cannot drop down to the ground or lunge to the corners for low shots, or "grass cutters," is also at a disadvantage.

Weight also is of importance since the goalie must resist the charges of the rushing forwards. Judgment, eyesight, nerves, courage and ability to catch and handle the ball are all essential qualifications of a

(Concluded on page 24)



TWO PLANS OF ATTACK: Pass from center to inside right who passes to center half who kicks a high loop-shot down center over the heads of the defensive halfbacks. The forwards rush down to receive the pass.



Pass from center to inside right who passes to center half who passes to right halfback who kicks loop shot to wing or center forward.

Dermatophytosis

(Continued from page 14)

This is the soil upon which fungi can grow if seeded in sufficient quantities. It requires careful personal hygienic measures to remove these bacterial cultures and other material from between the toes.

White's³ report of 192 cases in 1919 gives some indication of the frequency of infection on various parts of the body. Thighs and adjacent parts, 63; feet alone, 33; hands and feet, 22; hands alone, 21; thighs and axillas, 17; axillas alone, 11; scattered distribution, 26 (which includes bends of elbows and knees, flat surfaces of trunk and extremities).

Fortunately, at least 50 per cent of the people infected pay no attention to the condition, and it clears up without special care. Moreover, during the colder months it subsides unless people are constantly having sweaty feet exposed to infected floors or clothing.

Another 40 per cent of the cases are curable in the hands of the ordinary physician or the dermatologist. This leaves only about 10 per cent of the cases in a group which presents a real problem for treatment: most of these have ringworm of the toes which requires the services of the specialist and even he will refrain from giving a favorable prognosis. Thus, save for a small percentage of the cases of this form of ringworm, there is nothing to get excited about.

The problem does not constitute a public health menace, but rather a personal and public nuisance.

This is felt particularly by departments of Student Health and Physical Education, for frequently the infection seriously handicaps those who are participating in athletic work.

What can be done to help in the prevention and control of this skin infection? It is obvious that it is impossible to keep man's environment free from this fungus. But there are measures that will help to reduce the volume of the infecting agent.

At first thought the control of this infection seems hopeless, for no matter how thoroughly you may rid clothing and surfaces of the fungus, just one infected barefooted person in the shower or locker rooms or about the swimming pool may be enough to reinfect surfaces, bodies, and clothing.

Certain it is that it takes the fungus a number of days to grow on the most favorable laboratory culture media. It is just as certain that it takes days to grow in such a favorable human garden plot as that usually found between the fourth and fifth toes.

Therefore, since the fungus is readily killed by a temperature of 49 to 51 degrees Centigrade when it is in the open, since it can be removed by careful washing and drying as long as no actual in-

vasion of the skin has occurred, and since conditions favorable to its growth such as moisture and warmth can be controlled at least to some degree by careful personal hygiene, and the use of light, clean stockings and well ventilated footwear, the control seems far from impossible.

TO PREVENT AND CONTROL IT

At present, what helps in the prevention and control of this infection?

1. Never go barefooted except to bed, and when actually in the bath.

2. Make your rub-down a rub-DOWN; that is, dry the body from head to foot and never reverse the process. Most persons start out in the right direction, but after they have dried the feet, they discover a wet or damp place in the groin, on the inner surfaces of the thighs, on the back, etc., and immediately use the towel on these places even though the towel may have swished over the floor as the feet were dried.

3. Use a bath towel only once unless you see a separate towel for the face and feet each time. Otherwise, there is every chance that the ringworm fungus lodged on your towel from the morning or the day before may be transferred to other parts of the body. Besides, why should you want to dry your face and head with a towel that has been used on the more soiled parts of the body?

IF YOU ARE INFECTED

4. Dry off in the tub after a bath if you have a definite skin infection on the feet, instead of stepping onto a bath mat first. Then scald out the tub carefully.

5. Wear stockings or socks of light weight which can be washed daily and allowed to remain in hot water for about fifteen minutes.

6. Sleep alone when the infection is marked and make sure the bed linen is carefully laundered.

7. Wash the feet thoroughly at least once a day, especially between the toes, and allow them to soak for five or ten minutes in a salt water rinse. Dry carefully and give as much attention to the toenails as you do to the finger nails. Then wind up with a little dusting powder between the toes to assist in keeping the skin dry.

IN PUBLIC BATHING PLACES

8. Use single service paper sandals for slippers, or slippers that can be boiled or otherwise sterilized after each use. The same rule holds for the uninfected.

Note: The fungus has been cultured from ordinary leather slippers months after use.

9. Change daily into clean underclothing and put on only fresh gym togs worn next to the skin.

SUPERVISION OF POOLS, SHOWERS, AND LOCKER ROOMS

All those responsible for groups using

gymnasiums, showers, locker rooms, and swimming pools should:

1. Institute a skin inspection to include not only the feet but also the whole skin surface. Every newcomer should be examined by a physician who should have the assistance of a dermatologist until he becomes familiar with the clinical manifestations of the infection.

2. Set up a general plan for exclusion on the advice of the dermatologist.

3. In general, exclude all severe cases as much for their own sake as for the protection of others. Return should be via the physician.

4. Handle the moderately severe cases to suit local conditions. It is impossible to set up a universal standard. However, they should be under medical care and control and should be given careful instruction in matters of personal and environmental hygiene, in order to prevent as

far as possible spread of the infection to other parts of their own body and spread of the fungus to others.

5. Allow mild cases to continue with their work, for it is obvious that exclusion from the gymnasium, pool, etc., is impracticable. But the same type of inspection and reinspection and education as is used in the severe cases should be followed.

6. Have a laundering system that insures an adequate daily towel supply and the proper sterilization of bathing suits. This is essential.

7. See to it that floor surfaces and coverings, drain racks, rubber mats, etc., are thoroughly scrubbed daily and scalded if possible, and that all these are dried as thoroughly and rapidly as possible.

8. Use a 2 per cent formalin solution on all these surfaces and materials for one-half hour daily. This is sufficient to kill all ringworm spores, and at least offers a chance to start each new day with a non-infected environment. However, there must be ample ventilation to handle the formalin fumes during this procedure, and care must be taken to flush away the formalin solution before the place is used again.

Legge reports that the use of a solution of one part of corrosive sublimate to one thousand of water is also effective in killing the fungus.

Until more intensive investigations have been conducted in an effort to evolve methods of prevention and control, the least we can do is to observe the rules of personal and environmental hygiene and sanitation already established for the handling of other diseases caused by microorganisms transferred from person to person via things infected by the microorganism.

³Dr. Charles J. White, Professor of Dermatology, Harvard Medical School.



Quick

Energy



"The
Nickel Lunch"



A lightning dash down the floor . . . a quick stop . . . a ducking, weaving turn . . . SHOOT!

Man! it takes Energy, quick energy in Basket Ball. Energy comes from the food you eat. Some foods produce more than others. Hardly any food produces more energy than good, fresh Planters Peanuts.

Ask some diet expert how Planters Peanuts rate in calorie content. Planters Peanuts can lick their own weight in Milk, Beef, Bread or Potatoes. That gives you an idea of how much real energy these delicious, inexpensive Peanuts contain.

Healthful . . . Fresh . . . Cellophane-packed

Planters Peanuts are digestible and wholesome because they are always crisp and fresh. And they can't be any other way. They are packed in moisture-resisting cellophane bags that keep the original freshness in.

Look for "Mr. Peanut" on Every Bag

Freshness and wholesomeness are so important in all the foods athletes eat that it's well worth while to be sure of them. Genuine, fresh and crisp Planters Peanuts always have a picture of "Mr. Peanut" on every bag. Get genuine Planters Peanuts. Not only better for you but the best tasting peanuts you ever ate. Five cents everywhere.

PLANTERS NUT & CHOCOLATE CO.

Suffolk, Virginia

Wilkes-Barre, Pa. San Francisco Toronto, Canada

PLANTERS PEANUTS

Fire-engine basketball

(Continued from page 9)

The speedy boys and "natural" basket shots, with their fast-breaking offense and sleeper plays, will step game scores upward anywhere from ten to twenty points. This should be popular with most of the fans, but will be the cause of many sleepless nights for coaches.

Some sections of the country will again resort to types of the zone defense when this defense is able to get back into position before the ball is brought up. Craig Ruby of the University of Illinois demonstrated this last year when he amazed the Big Ten Conference by whipping the fast Purdue team, purely a fast break combination. The Illinois set up a zone defense that Purdue could not crack, and Purdue field goals were few and far between.

While the value of tall forwards may decline with the advent of speed and then more speed into the game, there seems to be no reason to think that the tall man

at center will be any less valuable. Control of the tipoff at center and at other places on jump balls will continue to be valuable. And where control is had a good percentage of the time the old crashing play on the center jump will undoubtedly come back to life.

This style of offense, so popular a few years ago when Pat Page was leading his Butler College five to national renown, has slipped badly under the fad of tipping the ball back to the guards and taking plenty of time to get into scoring territory. G. E. Shepard, coach at the University of North Carolina, is an advocate of this type of offense where material permits.

Some of the undesirable possibilities which may arise from the new rules are certain to crop out when the slam-bang offense gets under way. There seems certain to be a degeneration from the polished play of recent years, and while accurate passing and clever ball handling will still remain potent factors, a looseness not recently discernable will come with the increased tempo.

One of the early games in Indiana this fall demonstrated that the officials will

have a full evening on the whistles, for bodily contact is increasing with the passing of the slow offense.

While good coaches will attempt to eliminate this roughness as far as possible, much of it will remain as a result of the ten-second rule. Along with this increased bodily contact may be prophesied an excess amount of wildness in all fundamentals of the game. No matter how careful the training may be, when the game gets under way and play speeds up, boys will revert to natural tendencies, and wildness in passing and shooting will result.

Coaches whose teams will play most of their games on floors of regulation size or larger seems to have little or no objection to the changes in the code, but there is a definite and determined opposition among the mentors who have to use undersized courts. The general opinion among coaches from all over the country is that a forty-foot space will be necessary for working an offense inside the center line. Where floors do not provide this space, the evils mentioned above will be magnified many times.

On the whole, however, coaches evinced a willingness to try out the changes for at least a year, and possibly more good than harm will result. One thing is certain, the fan who likes to see action will get his money's worth at basketball games this winter.

Soccer

(Continued from page 21)

good goalkeeper. While the goalie is not actively defending his goal he should study the style of attack used by the opponents and the characteristic tricks and favorite foot of each member of the forward line.

The goalkeeper should constantly observe the speed, direction and spin of the ball, and here a constant observance of the wind is necessary. Expert goalkeepers often pick up dust or grass while they are inactive and toss it into the air so that they can detect any shift in the wind.

As mentioned before good eyesight is an essential qualification of the goalkeeper and it is a wise procedure to have all candidates for this position pass a careful examination before the season opens. Quite often basketball players make the best goalkeepers since catching, passing and pivoting with the ball are fundamentals necessary to this position.

Most goalkeepers do not use the pivot to its fullest advantage in playing their position, as in most instances while catching a hot shot for goal the forwards rush in on the goalie and he in turn can pivot to the opposite direction of attack and throw the ball out of the danger zone causing the forwards to miss him entirely.

Goalkeepers should not stand on the goal line in playing their position but rather stand from 12 to 18 inches from the line, as this allows for pivoting or drawing the arms back for a throw.

Goalkeepers should use the hands at all times, and on ground balls drop down on one knee rather than squat to pick up the ball, as the squatting position allows the ball to pass between the legs.

READERS of SCHOLASTIC COACH may use this convenient form to obtain sample goods and brochures from the advertisers who announce that they have free material to offer those who apply. This form may be sent directly to SCHOLASTIC COACH advertising department, 155 East 44th Street, New York, N. Y., from which point the advertiser will be notified of the requests. Check carefully what you want.

ANTIPHLOGISTINE

Sample and literature

A. S. BARNES & CO.

Catalogue on Athletics
 Catalogue on Dancing

Catalogue on Health and Physical Education

BASTIAN BROS. CO.

1933 Catalogue

BAUER & BLACK

Booklet "Guard the Vital Zone" for distribution to your boys.

BECTON, DICKINSON

Manual, Prevention and Treatment Athletic Injuries

BRUNSWICK-BALKE COLLINDER CO.

Rules for Playing the Various Games of Carom and Pocket Billiards.

CALIFORNIA FRUIT GROWERS

Pamphlet "Training Diets," in quantities for your students.

CONVERSE RUBBER CO.

Basketball yearbook

DRAMATIC PUB. CO.

Catalogue.

DRAPER-MAYNARD CO.

Booklet "Rhinotex Facts"

DUBOW MFG. CO.

Information

GEO. B. CARPENTER & CO.

Price list, canvas goods

HOOD RUBBER CO.

Booklet, "How to Play Basketball"

HUNTINGTON LABORATORIES

Basketball Scouting Manual

IVORY SYSTEM

Estimate, football uniforms cleaned, re-conditioned.

JULES RACINE & CO.

Stop watches catalogue

MISHAWAKA RUBBER CO.

Information, Bell-Band shoes

NATIONAL BISCUIT CO.

Data on whole wheat

NESTOR JOHNSON MFG.

Booklet "Hockey Explained for Beginners and Spectators"—how to play the different positions, and hockey rules in brief. In quantities.

PETERSEN & CO.

Booklet, mats

POSTUM

50-cup Sample

Booklet, "Iron Men and How to Build Them," by Pop Warner.

A. J. REACH, WRIGHT & DITSON CO.

Information

RIDDELL ATHLETIC SHOES

Catalogue

SCHOLASTIC

Sample copy

A. G. SPALDING & BROS.

Catalogue

WILSON-WESTERN SPORTING GOODS

Basketball Buying Guide

FREE GOLF BOOKLETS

Coaches and athletic directors desiring any of the following free literature on golf should check their choices.

"Golf Clubs and How to Use Them" by Walter Hagen (Courtesy The L. A. Young Golf Co.).

"The Three Essentials of Better Golf" by Stewart Maiden (Courtesy Hillerich & Bradsby Co.).

"MacGregor Rule and Score Book" (Courtesy The Crawford MacGregor and Canby Co.).

NAME.....

POSITION..... SCHOOL.....
(Principal, coach, athletic director, physical director)

SCHOOL ADDRESS.....

CITY..... STATE.....